



## **Free yourself from Suffering and Come Alive**

### **\* Check your focus. Attract what you really want**

Since what you focus on, whether it is good or bad, will be attracted to you - the self fulfilling prophesy principle - look out! Focus on your wants, not on your don't want. Is what you're attracting reducing or increasing your suffering? How can you attract even more good stuff?

### **\* Replace blame with compassion. Feel the joy**

Blame is an excuse for not examining your own failures. Blame grows from guilt and causes suffering in the person who points the finger. It needs to be replaced by self forgiveness and compassion. Who or what are you blaming? Why not offer forgiveness and compassion now?

### **\* Liberate yourself from destructive identities. Enjoy authenticity**

Liberate yourself from identities and roles that cause inner conflict and/or stop you from bringing your greatness to the world. When you are true to your Self and following your calling you are powerful...truly extraordinary things are possible. What identities and roles do you hide behind? How are they limiting your greatness?

### **\* Trash unwanted beliefs. Create beliefs that serve you**

It's important for you to realise that the beliefs you create, both consciously and unconsciously, give rise to your experience. Great beliefs take you to a great place! Where are your beliefs taking you...place of suffering or greatness? Where would you be if you updated your beliefs?

### **\* What you resist persists. Surrender and re-energise**

When there is an unwanted emotion or event and you resist experiencing it, exhaustion follows. Far better to surrender and experience the emotion or event so that fixed energy is released and you can move on with ease. What are you currently resisting? What would help you to surrender now?

### **\* Linger not on losses. Focus on appreciation and gratitude**

Dwelling on losses or what you no longer have causes suffering. Life is cyclical. Loss always follows gain just as night follows day. Focus more on what you have and what you hope is coming ...feel appreciation and gratitude. What shift in viewpoint will reduce your suffering?

### **\* Dump approval seeking behaviours. Be your true self**

Seeking approval from the outside never works, it's an energy drain and causes suffering. Approval must come from within; start approving of your true Self, no matter what. Notice a shift to higher frequency energies... peace, joy and empowerment. Identify your approval seeking behaviours. What is stopping you from dumping them?