

Step Six: Onwards and Upwards!



We CAN Do This!

If you really have got this far, Well Done! I am extreeemly delighted that you, like me, are willing to change on the inside so that we can Live in an Empowered Way and Create a World Where Everyone Wins!

Hurray!

Now then.

This is where it all begins.

This is where the ground work that you have put in so far becomes the foundation, a starting place.

This is where we put it all together.

This is a logical step by step process you can follow in your daily life

Let me re-cap for you:

1. On a daily basis you can use your strongest emotions as a gift, a signpost, a doorway.

This will show you where you have stuck unhelpful patterns.

2. From there you can question the thoughts and beliefs that hold this emotion in place and begin to release the ties.

3. Next is the opportunity to think, 'Well, what would I prefer instead?'

This is where the gift of the emotion and the thoughts that have been uncovered really shine.

They provide the **fuel**, the **motivation** and the **guidance** as to what you would most prefer in any and every given situation.

Use these inner resources to discover what you want.

4. Use the process in Step Four of '**Experience Life in an Empowered Way and Create a World Where Everyone Wins**' to sharpen your focus and unite with your emotions.

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5. Protecting yourself from negativity, whether it be on mainstream media or from people who do not support your mad ideas, is like protecting your body by not eating junk food.

Deliberately avoid news, people, conversations that you know will wear away at you.

it gets easier over time and one day, they will turn around and look at you and say 'WOW! Well Done, I never knew you had it in you!' Which you wouldn't have had if you did leave yourself open to being eroded away.

6. Generating uplifting thoughts and feelings is like deliberately eating very nourishing nutrient rich food for your body.

You can do this through making lists of wonderful things, all you feel grateful for, and by looking deliberately for awesome, inspiring, uplifting inventions, people, projects.

(The computer soon tunes in to what you are looking at and gives you more of the same!)

So here I will start you off with a step by step approach to all that we have done.

Connecting with the Wonder of You, and of Life itself is one of the most nourishing, awe inspiring and uplifting things you can do.

It filters in, accumulates and you start to see life from an entirely new perspective.

Choose Your Grooves podcast will help with this.

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Now it is time to sink deeply into my body.

To feel the rhythm of the breath and the heart.

The rhythm of life pulsing so powerfully
through me.

Here in my body I am wrapped in Deepest Nature
with all the Wisdom of the Earth
accessible to me Here and Now.

I open my mind and relax
into the consciousness that flows through every thing.

I am part of it all.

Day 1: What was today's strongest emotion?

Breathe it in.

Experience it fully as a vibration in the body.

Where?

Who?

When?

Why?

What am I thinking or believing that causes this?

Is it really true?

Could I see this in another way?

Is it serving me or the world to hold onto my old belief?

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- How would I **prefer** to feel?
- What would I prefer to see happening?
- See it happening.
- Feel what it is like when it happens.
- **Breathe it in.**
- **Experience it fully as a vibration in the body.**

What Wonderful Things can I draw to my attention to **deliberately** appreciate so as to **learn the skill of generating uplifting, empowering emotion?**

- 1.
- 2.
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Day 2: What was today's strongest emotion?

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Where?

Who?

When?

Why?

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Day 3: What was today's strongest emotion?

Breathe it in.

Experience it fully as a vibration in the body.

Where?

Who?

When?

Why?

What am I thinking or believing that causes this?

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Day 4: What was today's strongest emotion?

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Experience it fully as a vibration in the body.

Where?

Who?

When?

Why?

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Day 5: What was today's strongest emotion?

Breathe it in.

Experience it fully as a vibration in the body.

Where?

Who?

When?

Why?

What am I thinking or believing that causes this?

Is it really true?

Could I see this in another way?

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Week Six: Onwards and Upwards!



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Well that 's it folks. You have reached the end of the course.

I hope with all my heart that it has been of excellent value to you in your life, that the effect ripples out to your family, your friends, your community and out into the wider world.

I encourage you to make your own daily version of this last week, tailor it however works best for you.

Practice is key.

It is practice that makes any of this work. and it **will** work better and better, more deeply and fully in your life, expanding into every area of life.

But **only** if you do it!

You will find that you are increasingly freed from the emotional turmoil that grasped you before. Your thinking becomes more flexible. Life is lighter, easier, better.

Without your habitual thinking traps, focusing on the world you want to create becomes easier and more effective.

Emotional turmoil becomes a gift, a doorway into freedom.

It is your commitment and dedication to the Vision of **Creating a World Where Everyone Wins** that makes this work.

Thank You for this!

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Together we are a powerful team.
I appreciate your intention for this end so much.
So will our children's children.

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If you would like to know more, or are interested in my
deep three month training and coaching, email me:

maryjane@chooseyourgrooves.com

Good Things Are Coming!

Onwards and Upwards!



maryjane@chooseyourgrooves.com