

Releasing the negative

(Creating a Better You part 5)

I read an article the other day that really struck me. I wish I could tell you where it was from, I printed it out, but it didn't print the title. Anyway, the author was talking about three tips you can use when you're feeling stretched. This is something we all feel anymore. Everyone seems to have at least three different places they could be at this moment. I know I find myself more and more looking at my calendar and having to choose. I have family, friends, church, social, school, and work obligations every week. I schedule planning meetings when we get the family all together and compare our calendars. There are so many days that I look at what's left from old (I won't even say just yesterday's) to do list and what I have to do today that I just want to throw up my hands in surrender. But, that's not an option. I actively work to keep my life as low-key as possible and there are many days that you wouldn't know it. So, when I saw the title of this article I immediately clicked on it to learn what three marvelous tips were going to be given to me. I have to admit that I had a healthy dose of skepticism. I read all these types of articles and find that they are seldom realistic in their implementation. But the number one tip hit me to the core. When you're anxious, feeling stressed out, stretched beyond your limits, or fearful, repeat this mantra, "I am a child of God (Spirit, the Divine, insert your belief here), I am safe." It seems so simple, yet it hits you right in the heart. "I am a child of God, I am safe." (The author of this article attributes this concept to his friend Peter Ragnar.)

After reading this and practicing it a few times I found that it really does help. This concept is nothing new to me. I am a member of the Church of Jesus Christ of Latter-day Saints; I have been all my life. As very small children we are all taught the song, "I am a Child of God." Ask any member and they can sing this song. So, I am going to borrow his tip and use it as mine, the first thing we need to do to release negativity is remember who we are. I am a child of God and I am safe. Step one A is to remember that this statement applies to all around us. Everyone on this planet is a child of God and He loves each one of us. If we could only think that when we deal with others we would avoid so much negativity it would be astounding.

Why does this mantra make a difference? I think it makes a difference because it switches our minds to a different track. It switches us to a gratitude track. It makes us aware of the good things in our lives, the blessings we enjoy. If you study the energy of the body and the different modalities of healing you will quickly see a common thread, people who are positive minded, people who say thank you, people who have attitudes of gratitude are, if not healthier, then at the very least in less pain and have more happiness as they deal with their health problems. They have found another key to releasing negativity—that of expressing gratitude. Scientists have discovered that there are different chemicals released in our bodies when we say thank you and offer gratitude than when we are selfish or than when we just accept something. Those chemicals are also different in the people around us. It's a no brainer. Think of being in the room with someone who is fighting and arguing verses being in the room with someone who is expressing gratitude for something. In the first instance you are uncomfortable, starting to feel negative yourself, and not being happy. In the other instance you will actually find yourself sharing in the joy and love.

Having an attitude of gratitude is easier said than done. It takes effort, at least in the beginning. Think of the book [Pollyanna](#) by Eleanor Porter. I can't say that I can remember having read the book, but I've seen the Disney movie starring Hayley Mills. Pollyanna naturally has the attitude of gratitude; she is able to find joy and happiness in the things around her. Then she is injured, suddenly she is unable to find joy in her world. Her habit of gratitude is broken in one moment. Of course, in the story her friends and neighbors all come to return to her some of the joy her attitude of gratitude has brought into their lives and her attitude of gratitude is restored. Here we see again how

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this attitude of gratitude affects others. Stop and think about how your attitude is affecting those around you. If you hand out smiles you will often get smiles in return, if you hand out frowns you will more than likely get frowns in return. So step two in releasing negativity is to focus on gratitude. I'm going to go back to a hymn we sing in church, "Count your many blessings name them one by one, and it will surprise you what the Lord has done." Stop and pick up a pen and paper and begin writing down things you can be grateful for. Don't stop until you reach at least ten. You may have to struggle to do it in the beginning. I'm reminded of a short parable I learned as a child, "Two prisoners looked out through the bars of their prison, one saw mud, and the other saw stars." I once set a goal that every night when I said my prayers I had to start with thanking God for at least one thing that happened that day. When I started I often found myself just sitting there, thinking through my day, trying to come up with one good thing. Now it has become a habit, something I look forward to. I look forward to reviewing my day and listing the many wonderful blessings that have been a part of it. It is a good way to end my day.

We are all mirrors, each action we take, each attitude we share, each time we interact with another, that is reflected in ourselves, in our innermost selves. If we give out only negativity, we will become a negative, we will lose our health, we will lose our joy, and we will lose our happiness. If we give out positive, we will become positive, we will, if not gain health, then at least be better able to deal with the health we have, we will find joy, we will find happiness. You become the image of what you are. In The Picture of Dorian Gray by Oscar Wilde a man finds that his portrait ages instead of himself and that what he does to others and the way he treats them is reflected in his portrait rather than in himself. He takes advantage of this to treat others cruelly, to live a decadent life, to use others for his own gain. As time passes he can no longer stand to see his portrait and hides it away because it has become so horrendous in appearance. The things we do in life are reflected in ourselves, we just cannot always see them on the inside, but they always leave some sort of mark on us. We can reverse the experience of Dorian Gray by developing an attitude of gratitude. If he had chosen, upon discovering that his actions were reflected in the canvas portrait, to develop a character of generosity, of love, of humility, his portrait would have become a work of art whose beauty was an inspiration to those who saw it. It would have been something he displayed for all to see, not something he feared and hid away. As we develop this attitude of gratitude we will, literally, change our bodies, making them stronger and healthier.

We've talked about understanding our value (I am a Child of God, I am safe) and understanding that our actions affect not only others but also ourselves (having an attitude of gratitude reflects inwardly as well as affecting those around us), now we're going to talk about how to deal with the negativity handed to us by those around us. It can be very difficult to deal with the emotional backlash leftover after someone has thrown a whole pile of negative emotions on top of you. There are several things that you can do to help release this negativity. Let's review some of them.

I love simple, easy things that you can do no matter where you are or what you're doing to help you keep centered. You have your mantra (I am a child of God, I am safe) that will help you. You can say that over and over in your mind. Another thing you can do, even while you're still in the person's presence, is literally blow it off. Take a deep breath and exhale rapidly, literally blowing out and away those negative emotions being thrown at you.

Something else that will work (but I wouldn't recommend doing this in the presence of the person if they are angry) is to shrug your shoulders. When you are weighed down with the world, stretched to your limits, stressed out, angry, upset, all of these things, if you stop and notice you will find that your head is down in your shoulders and your shoulders are all bunched up and tight. If you shrug your shoulders, loosen them up, move them around, it allows that negative energy to fall off of them, you will find that you sit (or stand) straighter and it can often change your whole countenance. Try it, right now, shrug those shoulders, loosen them up. A lot of people will even find they're smiling after doing this!

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If you still can't seem to shake off that dressing down the boss gave you, literally brush all that negativity off you. Take one hand and brush down (towards the ground) your arms, your legs, your torso, your head, as much of your back as you can reach. Shake off your hands upon occasion; too, you don't want that negative energy to stay on them. A couple of quick notes here, make sure you're not brushing this off onto the person next to you, that's really not nice. Be aware that you may be brushing it through the floor to someone below you if you're in a building with more than one level. The ideal is to do this out in nature and let the wind blow all the negativity away.

If you're at home you can stop and do a soak in an emotional bath salt (Bliss or Blossom are great for this), don't have time for that, if you can just take a shower and stand there for a few moments under the shower head letting the water wash all of that negativity away. Salt is great at pulling away and neutralizing the negativity, that's one of the reasons why it's in the bath salts. If you're going for a quick fix stir up some Starflake Salts or Epsom salts in some hot water and pour it slowly over your head in the shower, letting it take all that negative energy off your body. Massage it into the scalp. Feel the release of negativity. Mmmm.

Another route to take is to diffuse or put on an emotional oil. As you become familiar with the oils you will learn to recognize your favorites that uplift you the most. Mine are Romance or Holiday Gift. My brother grabs Tea Tree. My dad likes Bergamot. Find the one(s) that help you release the negativity and return to your place of calm, your space of gratitude, your safe zone.

Finally, if you've been exposed to a lot of negativity over the years or if you have been the source of that negativity, you will need to do some internal cleansing to release that captured, built up negativity. Start with the liver cleanse (the liver holds on to anger) and move on from there. Review the articles in our library to learn more about cleansing.

To summarize, in order to release the negative from your life you need to put forth the effort to realize that you are a child of God who is blessed by His love and that you are free to shrug off or wipe off the negativity others are throwing at you. You have the power to cleanse yourself and to be a happy, grateful, positive person!

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