

One of our cherished lovelies posted in the Hot Melt Sprint Group about a struggle she is going through. She got hit with an experience that threw her an emotional curveball - someone didn't recognize her. (It sounded like from weight gain, although she didn't say.)

"I've been trying to get it back together for a month and I just can't. Just have to admit this. I've been struggling ever since..."

Personal Power can be found in the most unlikely places... like this place...the place of struggle and discouragement.

And HURT! This post really stung!

To be clear - I am not dismissing how she felt, or the suffering or pain involved. My objective is to help her, and anyone else in this same place, to create a shift of where that energy is going.

Dr. Joe Dispenza says, "Our bodies are surrounded by invisible fields of electromagnetic energy that are always carrying a conscious intention or directive."

We are 100% energy in a human container.

This isn't woo-woo - this is science. Vibration is energy, and vice versa.

It can be measured.

EVERYTHING has a vibe, including our thoughts, feelings, etc.

Those vibes are energy and we're going to learn how to redirect the low stuff to the high; the "stuck", the struggle, and the hurt to a Quantum Shift.

Quantum Shifts redirect the energy you're experiencing to what you want -

Again, we're not dismissing the feelings, but rather using them as fuel instead of allowing them to have their way with us.

How do we do this?

1. Meditation, in conjunction with breathwork.
2. Journaling. Let it all hang out--the good, the bad, and the ugly. It's a great place to vent!
3. Goals made into Affirmations. Our Take Back Your Life Journal is exactly what this is about and it's life-changing!
4. Doing the practical stuff - schedule your time, clean your pantry, and set up your environment for success.
5. Exercise for the dopamine hit! Our bodies feel good when we move!

6. Tapping - tapping is touching and releasing energy in a tapping motion along your body's meridian points AKA acupressure points. This releases energy and greatly helps. Google for more info or check out a video on YouTube.
7. Dance along to great music that you love.
8. Nature Therapy - take a walk outside, breathe in the fresh air, and soak up some Vitamin D.
9. Practice gratitude - daily! Start with 3 things you are grateful for.
10. Take a cold shower - it's dramatic but it changes your state of mind.
11. Walk barefoot in the grass - it's called grounding!
12. Get sunlight! 15 minutes a day is enough for Vitamin D therapy. (No glasses!)
13. Singing, humming (and gargling!) stimulates the vagus nerve. It's calming, relaxing and recentering. (Yawning helps too!)
14. Laughter - we've been watching Seinfeld lately. What makes you laugh?
15. Self-care. Take a 20-minute bath - sprinkle in some Epsom salts and lavender essential oil, light a few candles, and unwind.

These are practices that over time, help you shift your energy and capture your Personal Power again.

Stay present and focused. Remember: What we FOCUS on expands, what we DWELL upon becomes our destiny.

This shift is easier for some and harder for others because we're all different.

But just because it's hard or harder for you, doesn't mean it's impossible.

Will you do all of these things and do them perfectly?

NO!

But just a little attention AWAY FROM what's been pulling you down and attention on some things you know will help to bring you back up. These little bits and pieces of knowledge are just like a puzzle and help put us back together again.

The struggle is real -

But the answer isn't on the struggle bus. It's a matter of getting off and making a different choice or decision to focus on what you WANT.

Send your energy there! Where energy goes - focus flows!