WHEN WE GET DISTURBED, WHAT TO DO?

Do you get sometimes irritated?
Disturbed, Frustrated, Angry, Or even revengeful sometimes?
What do we normally do about it?
NOTHING.

Hence over a period of time, this shows up in our body in a form of a dis ease!
Did you know?

These are all just a thought that is repeated again and again and again which is now formed a pattern or a habit!
Hence, it"s all unconscious now.
Someone pins,
We react!
Without even knowing!
Now, these are all unhealthy patterns which limit us !
Would you like to reverse them?
If you would,
The easiest and fastest way
I have found in my journey of the last 25 years is,
PEN IT DOWN!

When we pen it down, 50% of the job is done.
When we pen something down, we accept it to another level.
We have taken responsibility for it because this is my thought.
When we write, we remember it for a really long while, which actually increases our AWARENESS!

Now what we just told you, Are the first two steps that we teach in our scope camps!

1. CYP - Catch your pattern of the day

2. AAWA - Allow it

Accept it

Write it down

Write an ANTIDOTE

Now what is an antidote?

It is a way through which we can now REWIRE our brain.

Antidote is basically a positive affirmation to our pattern.

For eg :

PATTERN: Wow, I got disturbed in the traffic!

ANTIDOTE: Thank you, I am cool and calm and relaxed in traffic

What we are doing here is ,

Identifying our and seeing what is the best way we can handle is when it arises again.

Learning to RESPOND

Instead of reacting.

PATTERN: whenever I see _____ person"s face, I get very angry.

ANTIDOTE: Whenever i used to see _____ person"s face,

i remember our happy picture together.

PATTERN: I get really irritated when it is hot.

ANTIDOTE: Whenever it is hot,

I imagine i am in sauna.

We are here, Changing the context of the situation.

Changing the way we look at it.

This is so powerful that you won't really realise it, until you DO IT for a period of time, say 66 days.

It is a beautiful,

Quantum jump you will take in this inward game.

Yes, there may be times when you may not feel like writing, May feel that what's the use, I'm yet the same.
But, We have made it so easy!
We ain't asking you to write everything together, But actually play and Chisel yourself every single day,
Contemplating, Where did I fall today?
How could I have responded better here next time?
Only 1 min, One pattern everyday and making an antidote, one more minute.

Now, here"s the trick-
By writing every day, you will surely grow,
But for the people who wanna fasten the process EVEN MORE,
Do you wanna know what you can do?
Yup, we can fasten even this process more.
We combine all these ANTIDOTES in a folder in our gadget,
Just adding the one every day, which wouldn"t even take 30 seconds?
Go on adding it,
We spend 5 mines in READING these aloud, EVERY DAY!
Your awareness would just SHOOT up through this.
Now, this may seem a little too much, but you know what?
If you even start with the first step of writing ONLY the patterns down,
You will see how your awareness shoots up crazily, only through that.
And you itself will WANT to and choose to do the other steps of it!
Not to complicate it, But it's like a deep well, like we said,
There is no end to this,
The more we dig,
The deeper we grow!
Remember,
Repetition is the mother of skill!

ALL THE BEST!

Start with penning at least one pattern every day, And see the changes!

10 ways of writing Antidotes

10 WAYS TO WRITE ANTIDOTES OR VIEW THE SITUATION IN A NEW WAY

THIS WILL BE VERY USEFUL FOR ALL TO WRITE YOUR LIYA SMS FROM NOW ON REMEMBER, TAKE IT AS A GAME YOU ARE PLAYING WITH YOURSELF. (Nothing serious about this)

1 Whenever this happens I get disturbed (FIRST - JUST ACKNOWLEDGE TO YOURSELF THAT YOU GOT DISTURBED- AS IT IS)

2. Whenever this happens (xxxxxxxxxx) I USED to get disturbed.

(NOTICE ALWAYS USE ANY LOW VIBRATION THOUGHT IN A PAST TENSE)

3. I am calm and cool and relaxed IN all or IN this situation (xxxxxxxxxx) .

4 Whenever this happens (xxxxxxxxxx), I am calm and relaxed!

5 Wow, In this situation (xxxxxxxxxx) I am learning sooooo much about my inner self.(Everything is my Projection and my Reflection)

6. Thank you, I am getting this opportunity to understand where I am blocking my inner and outer abundance

7. Thank you, Thank you, Thank you, now that I have caught myself in the low vibration (xxxxxxxxxx) and changed it , Abundance is already on its way .

8 Thank you, Thank you, Thank you, through this situation (xxxxxxxxxx) , I have learnt how I get caught up in my somebodyness sometimes.

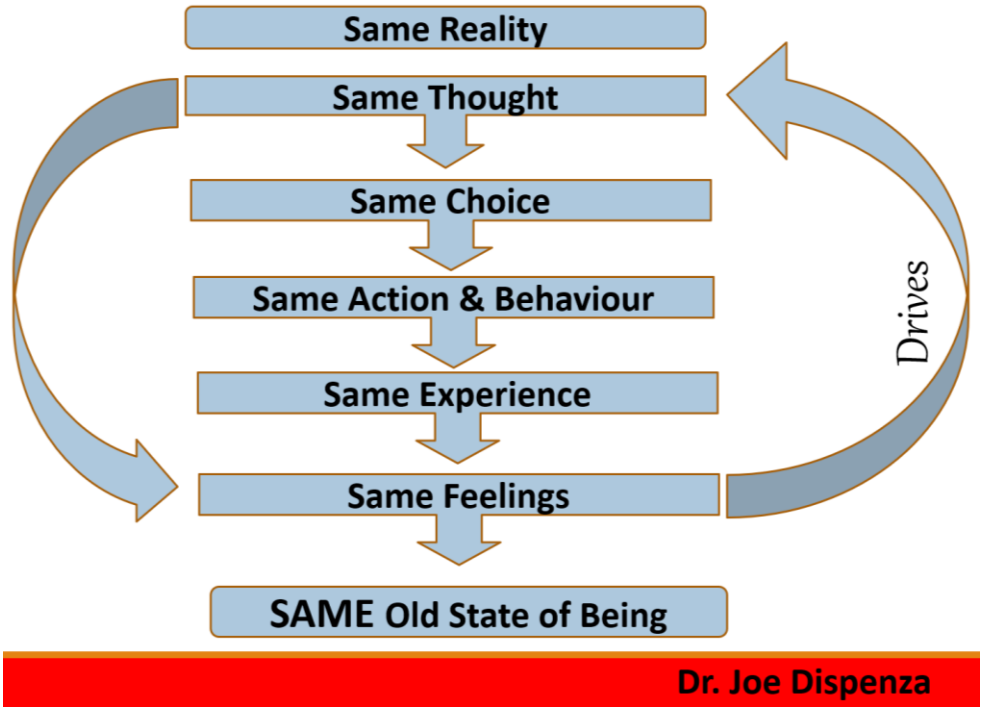
9 Thank you, Thank you, Thank you,

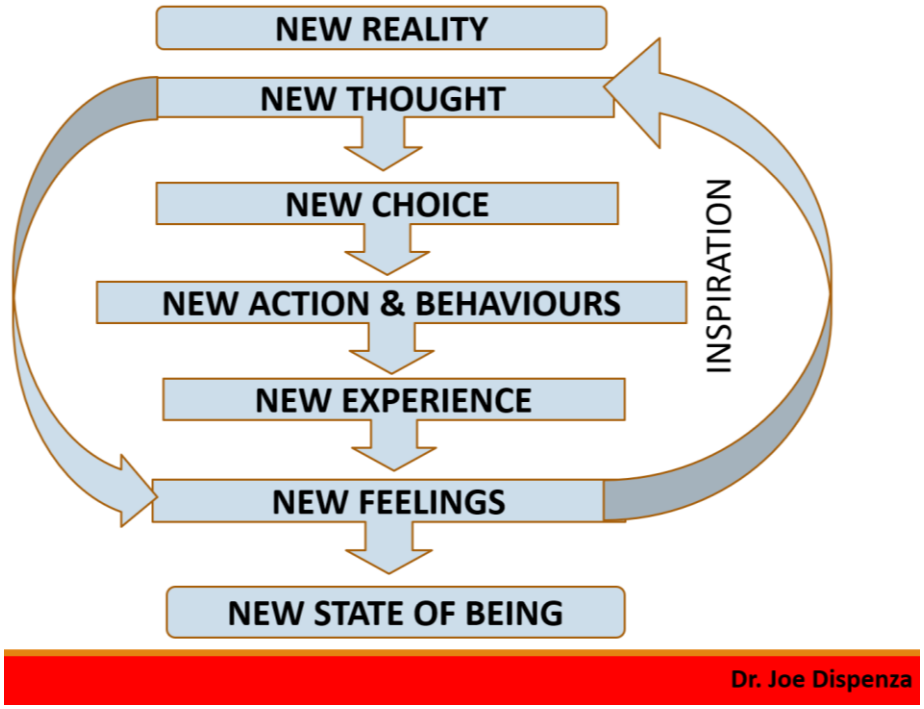
through this situation (xxxxxxxxxx) , I got to know that I can be a NOBODY also in this situation.

10 Thank you, Thank you, Thank you,

through this situation (xxxxxxxxxx) , I LEARNT THAT ……..NEXT TIME ……..

THIS WAY WE CAN REWIRE OUR BRAINS JOYFULLY, EFFORTLESSLY AND IN A SUPER FAST WAY.


Same Reality
Same Thought
Same Choice
Same Action & Behaviour
Same Experience
Same Feelings
SAME Old State of Being
Drives
Dr. Joe Dispenza


NEW REALITY
NEW THOUGHT
NEW CHOICE
NEW ACTION & BEHAVIOURS
NEW EXPERIENCE
NEW FEELINGS
NEW STATE OF BEING
INSPIRATION
Dr. Joe Dispenza

Advantages of Nothing in the mind

- *More time*
- *Saves our energy*
- *We become a better listener*
- *Increase in our creativity*
- *More relaxed*
- *Our Self-esteem increases*
- *No need to reinvent the wheel*
- *People value us more*
- *We manage 100 times more than before*

Main Affirmations (Mantras)

- *I think **BIG** and **POSITIVE**.*
- *I always **Verbalize** ONLY what I want.*
- *I believe that '**ANYTHING IS POSSIBLE**' for me.*
- *I convert all my limiting beliefs to **positive affirmation.***
- *I convert all my **fears** to **challenges.***