

Five Techniques to Revealing Your Inner Authority

1. Stop and affirm

When you find yourself fantasizing about all the things that could go wrong, tell yourself to STOP and then affirm what you want. Ex: Obsessing about looks, say, *STOP! I am a beautiful and talented being.*

2. Breathe and Release

It's free! Deep breathing brings us back to center and calms the nerves. Breathe consciously and often!

3. Bless and Accept

Give your full attention to whomever or whatever is presently before you. As distracting thoughts and judgments arise in your mind, gently push them aside and engage in the following procedure:

On your inhale silently say: "I Accept You ..."
On your exhale silently say: "I Bless You..."

Once your mind has quieted down, see if you can hold your attention steadily upon the person you are listening to. As your mind again intrudes, notice where it wants to go and then gently bring it back to stillness using the procedure described above.

4. Ask and Imagine

Writing down our thoughts and feelings helps us to become an observer to our emotions rather than a victim to them.

5. Gratitude

Whatever we are grateful for increases. Finding something to be grateful for is empowering. The practice of gratitude lifts us out of the emotion of the situation. As our emotions change, so does our experience.