Releasing Anger / Accepting Love

When you have the thought or say:

* “I am Angry!” Try to stop.
* Change this to “I feel angry.”
* Then decide what you are angry about. Example: I am angry with my boss for rushing me.
* Take the emotion out of the situation. Example: My boss rushes me.
* Ask a Higher Power to help with the situation. Higher Power- God, Angels, Buddha, Ascended Masters, Saints, or Goddess.
* One question to ask the Higher Power is: “What is being mirrored back to me?”
* Breathe and be still for awhile. You will get a knowing of if this situation can be corrected or IT just IS.
* If the situation can be corrected then do so. If It just IS (which most are) then send it Light, Love, and Peace. Example: I am sending my boss Light, Love, and Peace. You can also affirm a new positive aspect about yourself. Example: I get more done when I relax.
* Repeat the affirmation of giving the situation or seeing the situation as Light, Love, and Peace. Do this 3 times minimum. You may do more to help your own belief.
* Turn the situation over to your Higher Power. Example: God I give the situation with my boss for you to correct. It is in your hands I give it all to You.
* Thank your Higher Power for their help.