

Bless You!

It is the season for giving, shopping, baking, and family gatherings. And it all sounds really good until the whole family is gathered... Then, inevitably tensions arise; even though last year we swore we would not let Aunt Margret's snappy comments about our weight (we are way more slender than when we were 16), nor Cousin Joe's chewing with his mouth open (who raised that kid?!?!?) affect us. So what happened?

It is important to realize that we always bring part of our childhood to a family reunion. Whatever we have changed in our life in the last 10 or 20 years (or more), *they* still see us how we used to be growing up... That means, in their mind, we are still the overweight teenager, the clumsy 11 year-old, the bully toddler... Not matter how much we have changed. And no matter how much it irritates us!

Let's face it, you are not going to convince Aunt Margret or Cousin Joe to change their ways. So you can sit there fuming, or you can do something about it.

My way of dealing with the aunts, sisters and cousins, is to give blessings. Whenever I get upset by somebody's behavior, I silently send them love and light. My favorite blessing goes like this:

"May you live Happy
May you live Healthy
May you live Wealthy
May you live with love"

I feel like that covers all the bases! If you are in a hurry, you can send them a quick one, like "I wish you the best", or "Sending you love". Say it once, or repeat it as long as you want.

It works wonder because it shifts your energy from feeling aggravation, anger, and frustration to love, patience and positivity; and it raises your vibration which helps you attract more positive things in your life faster and more easily. And cousin Joe receives love, becomes happier, treats everybody better, and the world becomes a better place (and who knows, he might just learn to chew with his mouth shut...). So it's a win-win-win situation!

And it can be done silently, without ever anyone knowing you are sending "good vibes"... The trick for it to work at best, is to get into a state of really feeling what you are sending. You don't want to "send love" while thinking how much you hate that person. If you find yourself having trouble with that, think of someone you truly love, feel it, hold on to the feeling, and send your blessing.

The best part is that you can use this everywhere, and any time. On the road when a driver tailgates you, sitting at a red light having nothing to do, or waiting at the cashier in the grocery store.

So, bottom line, while you may never be able to change Aunt Margret's habits, you can make her life better, and shift your state to deal with it better. Try it, and be ready to experience miracles!

Miraculously Yours,

Karine

Karine Woodley , CTA certified coach

Ready. Set. Live. Wellness coaching

<http://www.readysetlivecoaching.com/>

karinewoodley@gmail.com

317-331-8796

Facebook page: ready.set.live.wellnes coaching

Facebook group: 2010 is MY year

You are welcome to share this newsletter, just make sure you leave my name and business info on it!