



Pause, Examine, Reframe

This tool helps you to shift perspective and raise your vibration.

“You cannot solve a problem in the energy it was created.”

When something happens, and you get a twinge, pang or heavy feeling somewhere in your body;

PAUSE: Step back, and take 3 cleansing breathes.

EXAMINE: Ask yourself; "How do I feel?" (Examples: betrayed, angry, alone.)

How do I interpret what happened? (Example: "She was rude, she must not like me. People are always mean to me.")

RE-FRAME: Determine; Is this the absolute truth? Is this a fact? Am I responsible for others' actions? Or, is my faulty programming running the show?

In this knowledge, fill yourself with love and acceptance. Give your inner child a hug. Focus on some things that bring you joy and gratitude. Notice how much lighter you feel.