

ANXIETY GONE

'Imagine - a life without anxiety'



CORINNA MCPHERSON

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Prologue

Note:

If you're reading online and you want to make some personal notes; just click once on the old-fashioned pen nib top-right then double click wherever you want to add your notes.

Enjoy!

Acknowledgements:

‘To being in the driving seat on the ever-winding path of life. To looking through the windscreen – finally undistracted by the rear-view mirror - knowing what’s behind me is firmly behind me. ...To knowing how to check my wing mirrors so I can see what’s coming at me and respond early; and accordingly. To finding my magic power. To my little brother John.



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Second Edition

About the Author:

Corinna McPherson. Founder – *Mindjoga™*

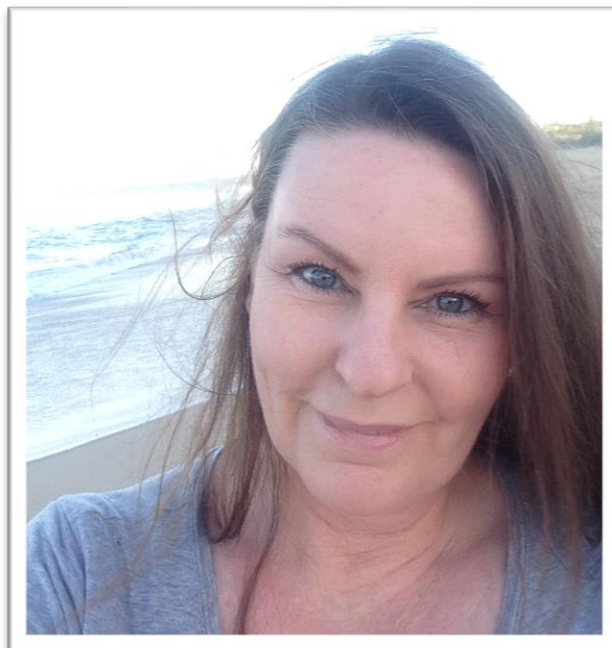
'Thank you so very much for downloading my book'.

Hello I'm Corinna. My books are about setbacks and recovery. I've been either a Wellness Therapist or Educator (or both) since 1985 and my journey into coaching started with a very different life setback to the one we are experiencing right now: It was the suicide of my little brother John in 1998 - the day the lights went out for me. Anyone who has lost someone will understand the pain. But because of the circumstances; to recover, I *HAD* to understand how, why.

I found I couldn't function in the life I had created for myself afterwards - and so I changed my stars. My journey took me halfway across the world and brought me here, in service to others suffering inhibiting emotional turmoil. It's been a 22-year journey of reading, learning and sharing. And now I understand. And I'm grateful for and to my brother because *Mindjoga™*, the system this book is built upon, is absolutely 'John's Gift' to the world.

Of course, no two life setbacks are the same and no two splits, divorces or financial ruins are the same. But they do reek the very same havoc on our hearts and souls and finances. None of us starts out in life thinking any of these terrible things could happen to us. And when it does – we're often shell shocked. Devastated. Frozen. And the emotional price we pay can be so bad our very survival is threatened – I know mine was...

Set-back events may never be the same; but the solution is always is: We have to Change Our Minds to Change Our Lives.



***Our 6-Step Recovery System™ works regardless of the set-back.
Every time. And I'm going to show you how.***

Preface:

We've all had a very big shock. The recent events surrounding COVID has left many people feeling compromised emotionally, physically or financially – or, of course, all three.

Job lost, or on hold, future up in the air? Overcome by grief or loss? Overwhelmed by uncertainty? Unable to comprehend the unfathomable misuse of trust we have experienced by those we have put in place to serve us?

You're likely be cycling through a smorgasboard of emotions; anything from anger to anxiety to complete devastation - What just happened? How long will this go on? Will things ever go back to normal? Will my job still be there? How is this going to affect my finances long term, my relationships; everything I have built up over a lifetime? I lost my loved one; how can I live with my grief. You get the picture. And above all; survival is a mindset.

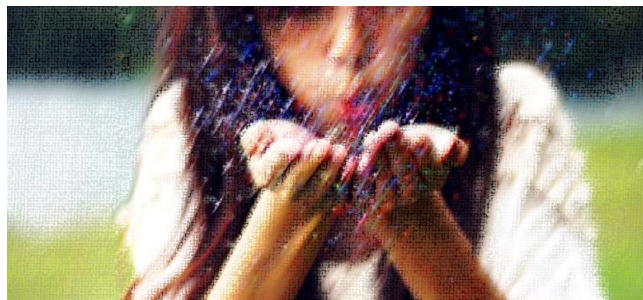
I can help with this mindset and get you to a place where you can relax, take the opportunity, to rest, learn and grow, that the current chaos presents – AND of course arm you to get back on track as best you can while we navigate it.

We each deserve to live in peace. We each deserve to reach our full potential, experience our amazing planet and have the things our hearts desire in our lifetime. We can take this break that COVID has given us and once and for all understand the meaning of our lives. We can take advantage of the time it has given many of us. Honestly, weren't we all tired before this happened anyway? Didn't we all pray silently for a break? If not for the incredible, and terrible, loss of life it could be seen as a blessing in disguise.

We have a 6-Step Recovery System™ which is part of our evolutionary *Mindjoga™* System. Before we take a look we must ask you to do just one thing: **Keep an open mind.** Put pre-conceived beliefs on hold whilst you read the following pages. Give your mind the chance to absorb and digest what may be new concepts for you. ***Belief really is everything.*** You've likely heard the saying 'what we believe we can conceive'; and there were never truer words. But if we are to change and find a happier space for ourselves, some or all of our beliefs need to dissolve into the background and be replaced with newer ones. Evolution is taking what is and adding to it. We cannot evolve without opening up to new information. First belief, which may or may not be a challenge for you is:

'Everything happens for a reason and always a better one'.

So, make yourself a cuppa, pull up a comfy chair and let's begin...



CHAPTER 1: Life is a journey...

..And hopefully it's mostly a wonderful one full of open roads, beautiful scenery and easy crossroads. But, of course, it's not always like that. Sometimes we seem to go through the dark woods or streets and then there's the little kerbs that trip us up and the potholes we fall down from time to time – not to mention the roundabouts we sometimes seem to have trouble getting off.

But NOBODY ever tells us about the BRICK WALLS: Those events which seem to wipe us out in every sense. They hit us head on, full speed, leaving us wondering what happened. In this book I'm going to help you deal with situations like this should they arise. And help you to avoid them in the future.

COVID, of course, is one such situation. It seemed to come from nowhere. One day it was life as usual. The next day our worlds' collapsed. And as I said before; those who have contracted the virus are not the only victims. Many have had the rug pulled from under their feet in other ways.

We may have heard the phrase 'everything happens for a reason' before - but may not have fully absorbed the truth of what that means.

It's simply the Universe's way of helping us back on track to a life we may not even consciously know we're meant to live yet. We may *think* we know what our purpose is. But it's usually no-where close to what we're actually doing – especially if we are experiencing emotional stress – because that is a sign something is wrong.

'The things that happen 'to us', happen to correct the balance of things and get us back on track to our life purpose'

For most of us we don't clearly see our life purpose until we are somewhat tuned into the frequency of Universal energy and to do that we must:

- Overcome stress & anxiety
- Find a place of happiness & positivity
- Connect to Universal Energy
- Get our authentic hearts & minds back on track

Once we have achieved those things our life journeys take off to a whole new level.

And the collective energy and health of the planet is dependent on our individual energy; which means each of us knowing our purpose. It's quite a responsibility isn't it?!

The Feather, the brick, and the bus



... Rather than waiting for the pain of the brick hitting us with milestones on our road that we all could do without?

Feeling the feather tickling us, gently attempting to awaken us would change our history.

But such is the state of human awareness that most of us get painfully hit by several similar bricks BEFORE we say 'Woe is life; why me?'



Have you ever heard the analogy of the Feather, the brick and the bus?

"It has real relevance in the practice of **Mindjoga™.**"

It says life tickles us with a feather to wake us to our journey but if we don't feel it, it sends a brick to be a little more obvious. And if we don't read the brick right, it will send the proverbial bus to get our ultimate attention.

What if we could learn to feel the tickle of the feather as it gently guided us toward our life-path? ...



... and at that stage it's hard to recover emotionally enough to give us the strength we need to miss the proverbial bus... which **will** come; and which takes our lives away, physically OR metaphorically - suddenly and without apparent warning.

That is, unless you're a **Mindjogi!**

I think it's easy to accept that everything happens for a reason when something good is happening. But what about when something 'bad' is happening?

'Why would something 'bad' happen to us for a reason?'

Actually, there are two reasons:

Reason No.1: The Universe works in precise clockwork-synchronicity. It does not respond to our wants or needs; it responds to frequencies; individually, or collectively as we are seeing now with the current situation.

There is no judgement on any situation, just a response to a frequency. It does not understand the language of wants and needs, just the energy we are giving off while we're wanting and needing - and it does not 'think' in terms of good or bad either. It 'thinks' in terms of positive and negative charges - the frequencies we emit.

We are electrical beings and our frequencies at any moment originate from our thoughts - and our beliefs create our thoughts around whatever we are experiencing in this order:

Belief – Thought – Emotion – positive response/negative reaction

The emotion we feel will be positive or negative depending upon what we believe about the situation we are in. Then the frequency of the energy we put out will attract like-energy out in the earth's biosphere. Like a **BOOM**erang, what we throw out there comes back to us. So if we are constantly putting negative vibes out. That is what will come back. The Universe cannot discern between good and bad. That part is up to us. If we're constantly whining about wanting something badly the Universe will only hear the whining and that's not conducive to manifesting the good stuff – it will only send back more reason to whine!

Reason No.2: We are taught from a very early age about good and bad. Positive is good. Negative is bad. Bad is BAD. *But is it?* For frequencies to be active, ie for progress of any kind in the entire Universe to be made, a fluctuation between positive and negative is necessary.

So, a totally positive Universe would be a very still one! The very atoms of our bodies (and EVERYTHING in the Universe) contain both protons (+ve) and electrons (-ve) charges. Progress is a flow/balance between them. And when negativity is too great it is a message; an indicator; that rebalance back to a level where fluctuation causes momentum is needed.

We each have a responsibility to ourselves and the planet to make this happen. Luckily our 6-Step Recovery System™ will do this for you!

‘When we understand how the Universe works *EVERYTHING* changes’.

Hopefully, understanding the two reasons bad things seem to happen will bring you many ‘aha’ lightbulb moments. Hopefully, as you progress through this book, you will begin to see that the frequency (-ve or +ve) which we individually emit is our own personal responsibility.

There is no person or thing monitoring or making it happen it for us. There is no man on a cloud. And perhaps you may also begin to understand how your feelings about the current COVID situation and life in general can affect your future.

There are two separate issues here:

- Controlling our personal energy and;
- Finding our life purpose.

But both are intrinsically linked. Until we know why we’re here our energy will always be out of balance. We won’t be in sync with Universal energy.

Throughout our lives we have been led to believe certain things which may not be true. We tend to take what our family and community tell us as gospel without the need to check. Part of that is what we’re told about the purpose and meaning of life. And it usually goes along the lines of be happy, get a good ‘education’ so you can be job fodder, choose an esteemed career for it’s monetary value, exhaust yourself so you can buy as many shiny things as you can and somewhere towards the end you may have a rest (if you can afford it!). And somewhere in between there would be the 2.2 kids, 2 cars and a mortgage of course!

Hopefully, with our tools, these things will become clear to you and you will be able to adjust your beliefs around them and your thinking in order to deal with life according to the new information you are learning for a happy future.

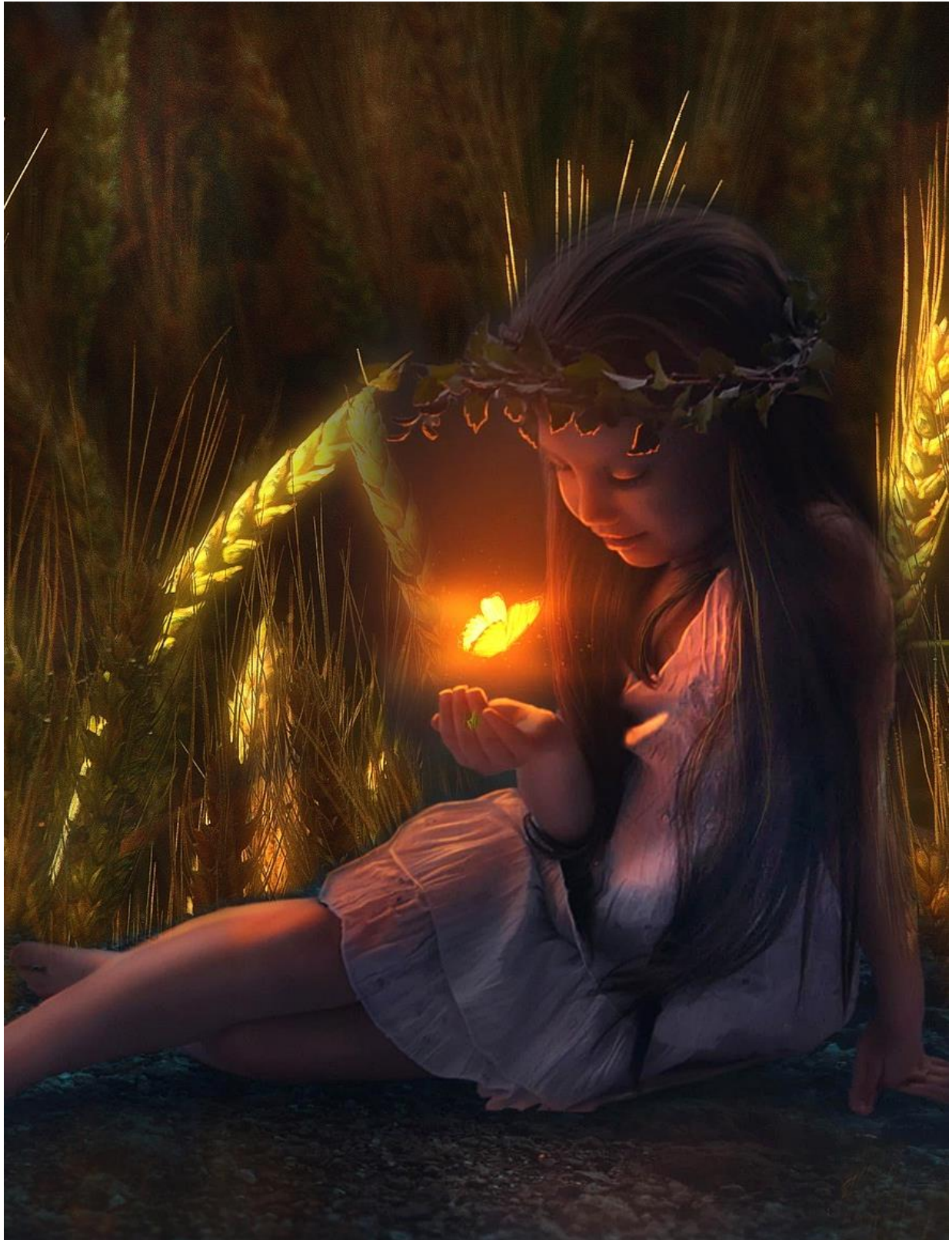
We want good things to happen right? Absolutely! In fact we have no idea why they don’t!

This is why it is so very important we each learn to control our individual energy- and we absolutely can - we can make good things happen. Good things can and do happen when we get this right. It’s been proven time and again using our 6-Step Recovery System™

Remember; I said before; the Universe responds to our *frequency* - not our wants and needs’.

So, let’s take a look at what affects our energy...

Mindjoga™ - ANXIETY GONE. THE one thing you need to move forward with your life.



Children come into the world knowing their purpose. And then we help them to forget!

‘How did we get so out of balance?’

Great question! For children come into this world holding their gift, knowing their purpose. They carry their potentiality with them. And then the system here makes them forget. They come into this world in a different frequency to those of us already here. It’s easily tested, and has been extensively, with an EEG machine.

Children come into the world resonating with the frequency of the planet. They’re sleepy in the beginning then they’re imaginative, creative. They’re happy and they’re sad spontaneously. And then they go to school where they lose their creativity and imagination to the spoon-fed education system - and learn to push down negative emotions. They feel our vibes. Negative emotions are not welcome here. And so begins a whole life of suppressing their negative thoughts. *‘Don’t express your sadness because those already here do not know how to cope with it and do not understand it’s purpose’*. **And this, ladies & gentlemen is the downfall of humanity.**

The pushed down negativity stored in our own personal biosphere, our aura blocks our ability to think clearly and steals our happiness. It colours our decisions and therefore the outcomes in our lives. We didn’t learn the purpose of emotional pain at home or at school. We did not learn it comes for a reason and we didn’t learn to adjust our sails and change our life course as a result of it.

We didn’t learn the story of the Feather, the Brick & the Bus. We didn’t learn to feel the feathers of the Universe tickling us to change, we complain when the bricks it threw to get our attention strike us - and we did not know it required some action. And then, of course, the Universe’s metaphorical bus hits us. And we sit bewildered.

So here we are. COVID (or rather our leaders’ response to COVID) has us with mud on our faces. Stressed. Anxious. Uncertain. Out of control. How did we lose control of our lives in such a short space of time? It’s almost unfathomable.

And more importantly, how do we come back from here, when it feels like we’ve had a death punch to all that kept us upright and functioning every day? ...Fortunately, the answer is in the problem of control because:

‘We are only ever stressed at the level to which we feel out of control in our lives.’

Once we take back control stress ceases. Anxiety ceases. Depression ceases. And taking back control begins with taking control of our own thoughts. Because this is where our energy begins. We may not be able to control what others are thinking or doing. But we can control ourselves. And we can only do that when we understand the absolute power of our thoughts.



What are *your* thought patterns creating?!

CHAPTER 2: ‘Humanity’s biggest inhibitor to evolution: ‘The need to be right’.

...Followed very closely by our self-talk.

No, nobody likes to be wrong; especially about our core beliefs. For if we’re wrong, really, who are we? It’s uncomfortable, unthinkable. We feel safe in our beliefs.

But every species needs to be constantly evolving - and humans are evolving frighteningly slowly. We can’t see the irony in allowing outdated information to rule their lives. Dogma written by even less-evolved humans thousands of years ago.

Isn’t evolution taking what’s there and adding to it with new information? Yes. And as a race we fail to do this in the core writings and philosophies which underly our very government both bureaucratically *AND* religiously.

We can’t see that the core of each different religion is exactly the same.

We are intelligent but not intelligent enough to take that core, agree upon it and discard the dogma less-evolved humans built around it in times before global communication was even possible – which is why we have so many different versions of the same thing.

Instead, we seek to be right and make others wrong. And we base our lives on backward, broken ideologies. And we kill each other because of it. This is exactly why we asked you to keep an open mind at the beginning of the book. Closed minds do not evolve. Closed minds murder.

When we understand this *AND* the way the Universe works we begin to see that stress is in fact not an illness but part of our body’s natural fight or flight response, just part of our body’s way of protecting itself; our way of intrinsically knowing *something is wrong*.

Of course, stress and anxiety is a multi-billion-dollar business, so there’s a myriad of advice out there together with self-paid and government funded ‘professionals’ to empty your pockets – if of course life is not already emptying them for you right now.

‘Recovery’ can cost a small fortune. And experience has shown also very little accountability for results.

‘We often think we need expensive coaching and counselling to recover but that’s wrong and here’s why’:

The only person who can really change your mind is you. Because you are the only one who can get inside of it. Everybody else is guessing. And when they get it wrong it’s seriously counter-productive to your long-term recovery.

With matters of the mind we are our own best coaches. Our minds are as individual as our fingerprints. No-one else can truly see what’s going on inside. And no-one else can know the changes that are needed. Trusting your mind to a third party is like asking a lion to mind your baby. Things could go badly wrong! A good coach will give you tools and guide you, but the actual work is done by yourself.

It’s widely known that the pharmaceutical industry with it’s mind-altering medications is not motivated to towards wellness. No, that would be counter-intuitive to their sales forecasts.

Wellness is bad for business. They really don’t want us to be well at all. That would be like cutting off their noses to spite their faces.

When Professor Irving Kirsh invoked the Freedom of Information Act 2001 to obtain clinical trial results from the then 8.2 billion anti-depressant industry it was discovered that 80% of the effect of the 6 top selling anti-depressants could be attributed to the placebo effect. **This means the drugs did not outperform sugar pills.**

It is no wonder he had to invoke the Act to obtain this information. The pharmaceutical industry would not want you to know this at all.

Of course, there are some wonderful other tools out there too. Techniques similar to Mindfulness form part of our system but only part for a reason.

Monks have practiced Mindfulness for eons and studies show they take 20 years plus to find peace. Seriously, who has 20 yrs to sit on a mountain top these days?

Our 6-Step Recovery System is part of a bigger system called *Mindjoga™* where traditional methods like Mindfulness meet the quantum world. Like Mindfulness on steroids.

It brings results in the time it takes the brain to form new habits, which for most people is 21-28 days.

It always amazes me how people remain stuck in the old technology, just like the out-dated dogma I spoke about upon which society bases its entire being. It's paramount to walking around with one of those old brick mobile phones (yes, I'm old enough to remember!) expecting to be able to check updated modes of communication like emails or Facebook!

Not happening!

What I will show you is not only a 'cure' for your fears but also a prevention to feeling that way ever again. We already know that we are only stressed at the level to which we are out of control in our lives. Well you are about to take back control. Know that:

'The Universe wants us to succeed, in fact it needs us to. It's geared to help us evolve and I am going to show you how'.

In our 6-Step Recovery System I'm going to show you:

- How to stop painful stress reactions in the moment, at any moment, whenever you need to.
- How to change -ve stress reactions into productive +ve responses.
- How to physiologically re-balance your stress hormones in the time it takes to breathe in and out.
- How to by-pass anxiety and go straight to positive thinking in the future

'Because our own personal energy begins with our thoughts'.

I hope you are beginning to see that stressing is really a blessing. But only when we know how to tune into the message it is bringing us and respond positively to it.

The next chapter will take you through all six steps of our 6-Step Recovery System™ together with an explanation of each.

Before you take these steps please listen to the 'About EQUILIBRIUM' audio you downloaded several times. Then progress to the 'EQUILIBRIUM Relaxation & Visualisation' audio as you read the next chapter. Can't find them?! You can listen by clicking below:

['About EQUILIBRIUM'](#)
['EQUILIBRIUM Relaxation & Visualisation'](#)

Once you have finished reading this book you will be able to put the 6-Step Recovery System™ into action day to day using these audios.

Now let's take a look at the 6 Steps..

Mindjoga™ - ANXIETY GONE. THE one thing you need to move forward with your life.



'The purpose of emotional pain is to help us adjust our sails and change course.'

CHAPTER 3: The *Mindjoga* 6-Step Recovery System™:

The *Mindjoga*™ 6-Step Recovery System™ is a set of simple disciplines and tools for the mind which take you from where you are to where you want to be in life. It is a simple process, easy to follow, takes very little time *and* becomes as automatic as cleaning your teeth is over time. No matter what you've been through, this process will work. The six simple steps are:

1. Take a nice big deep breath in through your nose and out through your mouth
2. Relax your muscles as you exhale
3. Focus your mind on the area around your heart
4. Pop your 'elation' thought into your mind
5. Use our Beet-your-Blus Journal Sheet to create awareness of your stress-triggers
6. Use our Beet-your-Blus Journal Sheet to reframe your stress-triggers

Let's take a look at each one of them in turn. But bear in mind the first 4 steps are done in the blink of an eye. Nobody would notice.

Step 1: Breathe:

Seems so simple doesn't it? Isn't that what we do every minute of every day? Yes! But most of us do not breathe well at all. It seems a little 'cray cray' that we may need to learn to breathe again but it's true. Oxygen is important when it comes to feeling good!

In addition to the levels of oxygen in our air reducing over the centuries, we have become a race of anxiety and depression breathers:

Anxiety breath: We tend to breathe in and forget to breathe out well. It's like the breath of anticipation.

Depression breath: We breathe out and forget to breathe in well. This is more like the breath of 'why bother'!

Take a moment to observe your own breath. Do you recognise one? When life is difficult or stressful long term we can often develop a bad breath habit (and not the smelly type!)

Taking time out to relax and focus on your breath is powerful. Yoga or Pilates Classes, meditation. Just quiet time at home or in nature without distraction. These things are crucial to our wellbeing. But just one breath at the critical time is just as powerful.

The first step of our 6-Step Recovery System™ is just that. We take a nice big deep breath, in through the nose and out through the mouth in the moment, at any moment we need it.

What this does is multi-fold. Firstly, it stops us in our tracks. Just for a second. But a second is all we need to take back control.

It stops us from focusing on the thought that is causing our stress. And as we breathe, oxygen flows round an almost certainly oxygen-deprived body allowing to us relax. This is especially true when the oxygen hits the brain.

So far we've managed to stop the brain-pain from the disturbing thought by taking the breath in the first place.

Now, as the oxygen circulates and hits the brain cells it gives us time. Time to hi-jack the mind. But we will come to that in step 4...

Step 2: Exhale – relax our muscles:

Goodness! A whole step for breathing out! Hmm... seems excessive I know, but bear with me, it's important.

We want the in-breath to really do its job.

We can even breathe in deeply to our lungs' full capacity and hold the oxygen there, just for a second - just while we practice during our 21-28 transformation phase.

And when we breathe out – firstly feel your chest relax, then your shoulders drop and all of the muscles in the body give way to relaxation.

We have now officially stopped the rise of adrenaline in our body, the knock-on effect of which is the reduction of Cortisol, our feel-bad hormone, in our system.

Yes, you have just re-balanced your stress hormones!

Well done!

Step 3: Focus on our heart:

Take your mind to your heart. If you need to close your eyes to do this in the beginning – so much the better.

Visualise the area around your heart, feel it beat. Keep the breathing going.

This step serves to move the focus away from whatever was on your mind. It also makes us feel love, peace - and allows the stress hormones to stay in a relaxed balance while we:

Step 4: Pop an ‘elation’ thought into our mind:

What is this ‘elation’ thought? It is a thought which literally flips our happy switch and allows the body to produce and fill with our feel-good hormone, dehydroepiandrosterone, or DHEA, (pew!) for short.

DHEA is an amazing hormone, the presence of which, not only makes us feel good, but it’s been shown to be anti-aging too. Not only stopping the clock but actually turning it back! And it’s incredibly important for our immune system; preventing all manner of modern-day diseases including cancers and heart problems.

It puts us on an upward spiral of feeling good. And that is what we are seeking to achieve.

‘Have you ever noticed how you can’t feel negative while you’re smiling or trying to smile?’

Go ahead, try it! This is exactly why we create these elation thoughts! They are simple and very effective! Just think of something, there’s something for everybody, which has no negative connotations associated with it.

Some ideas might be, the smell of the ocean, the face of a kitten, flowers, a beautiful waterfall, something precious to you; a hope or dream. Do you get the idea? It’s simply something we can pop into our minds when we need a pick-up. When we do this we’re home and dry. Those nasty stress-triggers can’t touch us now!

The cumulative effect of Steps 1 to 4 is a calm mind and a balanced body. We have stopped a stress *REACTION* in its tracks leaving our mind clear to *RESPOND* positively.

When we start to respond positively to whatever life is throwing at us everything changes. Our happiness, our health, our future.



We've all heard about the inner child. But an inner goat? Really?!

Read on!

Step 5: Journal our stress-triggers:

So we've beaten the stress reaction! Well done!

We've turned it into the opportunity to make a positive response instead. Sometimes all we need is that moment of change. The opportunity to flip our internal switch to positive.

You see most of the stress reactions we have are simply bad habits we've built over time.

It's almost as if we have a little mountain goat inside that follows the same path every time it hears certain words! And we don't want him to! We want him to take us to a happy place!

Taming our inner goat is easy when we know how. All we need is the time it takes to change a habit, some positive affirmations - and a way to reach our unconscious. And *Mindjoga™* can certainly help you do that.

But there are times and situations where affirmations are not enough.

There are times where our stress reaction is NOT a consequence of a bad habit.

There are times where our protective fight or flight system is genuinely trying to save us from something. And this intrinsically is the area humanity struggles most to define.

What I mean is; we would not wish to reframe stress triggers if they are genuinely trying to save us from danger. We would wish to move away from the danger.

And so, and this is a part of the *Mindjoga™* system other recovery systems are missing; we have a Journal Tool designed to help you decide whether your stress trigger is simply a bad habit; or whether it is coming from something serious in your life which needs your attention.

I ask you daily to note down the things that triggered stress reactions during your day.

Be sure to follow the instructions on our 'Beet your Blues' Journal Sheet to so you become aware of the things in your environment which may be causing undue stress and anxiety.

Take a look at this journal sheet on the following page.

Mindjoga™ - Beet-your-Blus Daily Journal Page

Day/date: _____

Begin: Follow the steps below to log the event which triggered today's stress reaction:

Event: 1. What situation or event triggered today's stress reaction or anxiety attack? **Write it below:**

Emotion: 2. What emotion did you feel? Anger? Frustration? Sadness? Fear? **Other - write it below:**

Thinking: 3. What was the thought you had immediately before this emotion? **Write it below:**

YOUR

Belief: 4. Ask yourself; what beliefs must I already have to have this thought? **Write them below:**

- a. Do you also believe that your life is going wrong because of the event? Y/N
- b. Do you believe the event will cause you to miss out on something? Y/N
- c. Do you believe you or someone else could/should've done something differently to avoid the event? Y/N

Life-view: 5. Re-affirm: 'It is **not** the event, but my resistance to it that caused my stress or anxiety'.

If you answered yes to questions 1, 2, or 3 above affirm for the corresponding number:

- a. 'I know life is a journey and it cannot 'go wrong'.
- b. 'I know we never miss out because we are always learning & growing' (what did you learn from this event?)
- c. 'I know we react to every situation with the information we have *at that moment*. To respond differently needs new information - which I am now learning. Also, I can only control myself, not the actions of others'.

These are your new affirmations for your Mindjoga™ practice.

Upgrade: 6. Think again about your original belief above. Would it **ALWAYS** be 100% true for **EVERYONE** ever faced with the same situation? *It's very important to think & be honest here.* Y/N

Self-Value: 7. If 'Yes' you must take action to change your life so it can't happen again. **Write it below:**

8. If 'No' re-write the original beliefs you noted above in a positive way:

Well done! These are also your new affirmations for your Mindjoga™ practice.

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Use this sheet daily to build awareness of your stress triggers and create new, positive affirmations. You can download it [here](#).

Step 6: Reframe our stress-triggers:

There are three finite conditioned mind-sets which cause us untold unnecessary stress. These are:

1. My life is going wrong because of [insert xyz].
2. I am missing out on something because of [insert xyz].
3. I, or somebody else, should or could have done [insert xyz] differently.

If we can trace our emotional pain back to one of these 3 mind-sets AND answer ‘no’ to the question; ‘Would my belief **ALWAYS** be **100% TRUE** for **EVERYONE** ever faced with the same situation?’ then the stress is coming from dodgy programming that can be easily re-programmed with positive affirmations.

What I mean by that is - we can get our inner-goat to go cut a new track to a different, happy place when triggered.

However, if we answer ‘yes’ to the question; ‘Would my belief **ALWAYS** be **100% TRUE** for **EVERYONE** ever faced with the same situation?’, it’s a different story.

This is telling us there is something dangerous to our emotional, and possibly physical, wellbeing in our environment. And in this case we must, in addition to new positive affirmations, take some action to ensure this stressful situation does not occur again.

‘How we feel is just 10% what happens in our lives and 90% how we react to it’.

But how we recover is dependent upon making the correct distinction between the two answers of this one very important question. Working on removing the emotional pain - without taking action to correct the physical situation would only be a short-term fix.

The 6-Step Recovery System™ puts us on a path towards emotional wellbeing; provides us with a simple Journal Sheet where we can make this distinction easily, reframe habitual negative reactions into new positive responses by creating affirmations - and bring absolute clarity to previously difficult decision making.

CHAPTER 4: How do I practice?

Emotional recovery takes some effort. Not much, but some.

It's important to follow the steps of the 6-Step Recovery System™ every time you come up against something stressful in life.

Here are the six simple steps again:

1. Take a nice big deep breath in through your nose and out through your mouth
2. Relax your muscles as you exhale
3. Focus your mind on the area around your heart
4. Pop your 'elation' thought into your mind
5. Use our Beet-your-Blus Journal Sheet to create awareness of your stress-triggers
6. Use our Beet-your-Blus Journal Sheet to reframe your stress-triggers

Do this as soon as you feel a stress reaction coming on and you will stop it in its tracks.

If you remember to do this every time you begin to feel stressed; before you know it you will stop reacting negatively and start responding positively to *whatever* life is throwing at you. It won't matter what it is.

'Our thoughts are the most influential things in our lives. They determine our future - so this is important'.

Practice these steps for 21-28 days straight and watch your neural processes, better known here as our 'inner goat', change and go to a new, less precarious, destination in your head. It's called peace of mind; the basis for all progress.

Listening to the audios daily boosts the process:

The first audio is designed to help you understand the body's natural flight/flight protection because what we understand we can better absorb and integrate into our subconscious where all of our automated processes emanate from. We are aiming for positive responses to stressful situations to become as automatic as your eyes blinking or your heartbeat. You don't have to think about it!

The second audio is a beautiful Relaxation & Visualisation to bring the frequency of your mind in line with, and entrain to, the more peaceful beat of your heart. Listen to this as you go to sleep each night if you can and you will find your sleep and waking mood improving.

CHAPTER 5: What if it doesn't work for me?

People ask me this all the time! And my reply is always the same.

'It can't not work!'

It may take a little longer if you have really strong beliefs which conflict initially with the information. But even then, if you persevere and follow the steps exactly for 21-28 days a change in your experience around stress & anxiety will occur.

Momentum is how the Universe works. And if you keep doing the same different thing over and over you *will* get a different result. You are part of the flow of the Universe... a little piece of stardust!

After a while you will begin to live in a new frequency. You will begin to resonate with and access the source of all that is and synchronicities will begin to appear in your life. You will be in control and catch the energy boomerang you throw out into the Universe as it comes calmly back – instead of it coming back and knocking your head off!

'Remember! Wonderful out – wonderful in!'

Just remember to follow the 6-Step Recovery System™ and changes will come. Go on! You owe it to yourself. Follow the steps, relax and enjoy this time of great leisure. It's come to teach us something. Embrace it. Learn and grow with it. Change Your Mind, Change Your Life. Make a decision to emerge from this historical event happier, bigger and better than before.



PROLOGUE:

We are beautiful butterflies.
Leaving the cocoon.
We have been asleep;
Dreaming about
What might be 'one day'.
Well, one day is here pretty ones.
'Spread your wings'.

Thank you so much for reading our book. We hope you found it useful and easy to follow. We would love to hear your feedback.

You are on your way to Changing Your Mind with our 6-Step Recovery System™ and EQUILIBRIUM audios. These are an amazing way to interrupt the negative programming we all have and to change it to beautiful positive responses which soothe our souls and change our lives.

Reality, though, is that we cannot long term ignore the deeply stored negative energy that has made us sad, angry & stressed in the past. We can over-ride it for so long, in the meantime creating positive new programming, but eventually we do have to initiate an energetic release of this deeply stored emotion.

Together our potential is limitless



THIS IS THE END (of the book!); AND THE BEGINNING (of your new life)
We hope you will CLICK HERE to Join us at the University of Life

Corinna x

Corinna McPherson – Founder. *Mindjoga™*