

*3 Proven Tips To  
Decrease  
Your Heightened  
Emotional Charge*



# *Your Emotional Reaction*

- **Is Real Object Of Concern**
- **How You VIEW Your Landmarks  
Is The Secret**



# *3 Perspectives From Your Mystic's Eye*

- **These Mystical Views**

**Release Emotional Charge**

**Easily**

**Quickly**



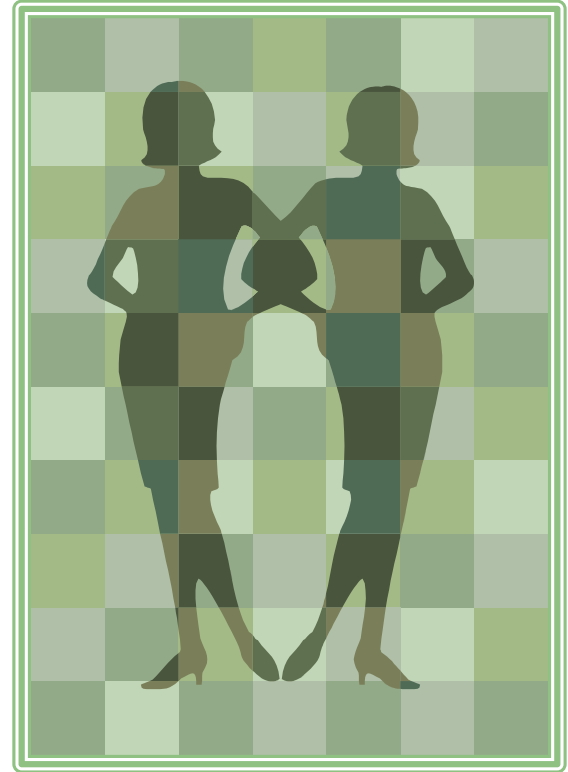
# *Mystic Perspective #1*

- **Weaknesses Are JUST**
  - **Waning Of Strengths**
  - **Impermanence In Motion**



# *Demonstrate Process of Change*

- **Weaknesses Are**
  - **Strengths Of One Pole**
    - **IN PROCESS OF CHANGING**
      - **Into Opposite Strengths**



# *Not Well-Formed Energy*

- **Not Shaped Into One Pole Or The Other**
- **Energy In Transition Stage**



# *You've Been Taught*

## ○ These Are Weaknesses To Be Avoided

- Not Good
- Not Safe
- Feel Bad
- Avoid At All Costs
- Mean You're
  - Weak
  - Bad
  - Undisciplined



# *The Wisdom Of Your Dis-Content*

- **Calls This Stage**

- **Waning Of The Strengths**

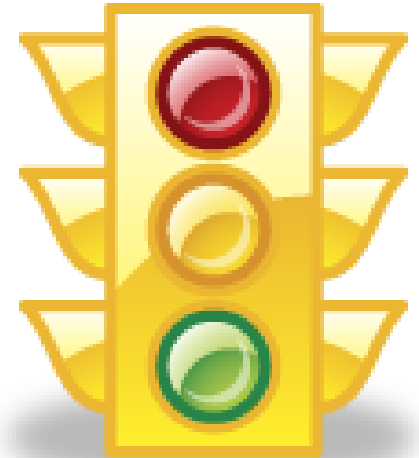
(Suggests You Do Too)





# *Mystical Perspective #2*

- **Weaknesses Are Signals**
  - **From?**
    - **Essential Self**
    - **Larger Living System**
  - **Message For YOU**



# *What's The Message*

- Time To Let Go Of Where You've Been
  - Move On To Opposite Pole
    - Rebalance
      - Renew
      - Expand



## *Mystical Perspective #2*

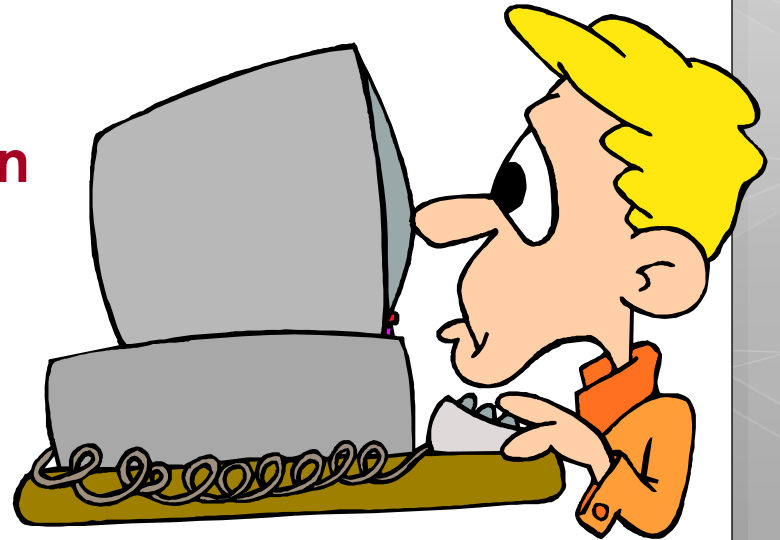
- Helps You Greet Weaknesses With

○ **GRATITUDE!!**



# *All This Suffering For A Signal?*

- Human Beings Live In Concept Land
- Mind-Stuff Gets Your Attention
- BUT ... You Can't Think Unpleasant Emotions Away



# *All This Suffering For A Signal?*

- **Weaknesses → Immediate Guidance**
  - **Location On Loop**
  - **What To Do Next**
  - **How To Not Get Stuck**



# *Behaviorally?*

- In Presence of Weaknesses  
Message Is
  - Breathe 
  - Relax
  - Let Go



# *Behaviorally?*



○ In Presence of Strengths,  
Message Is

○ Breathe



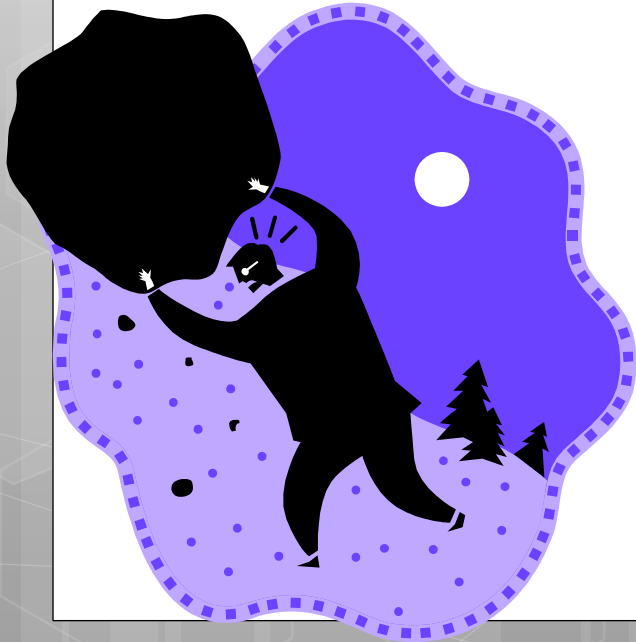
○ Relax

○ Let Go

○ Enjoy

# *If You Ignore Signals?*

- **Get Stuck In One Downside**
- **Try To Go Against Flow**
- **Effort To Push Back Up To Same Strengths**





# *If You Ignore Signals?*

- **Can Get Stuck In BOTH Downsides**
  - **No Benefits**
  - **Start of Cynicism & Despair**



# *Power Struggles*

- **Ignoring Signals Means Struggling For Control**

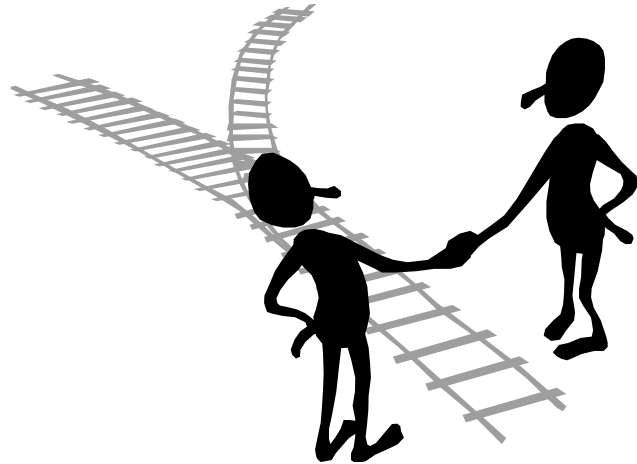
- **Evokes**

- **Blame**
- **Anger**
- **Resentment**
- **Drive To Fix The Problem**
- **Avoidance**
- **Pain & Suffering**



## *Downside of Tip #2*

- **Unpleasant Experiences Are A Certainty In Life**
- **Useless Tactics**
  - Bargaining
  - Compromising
  - Making A Deal



## *Upside Of Tip #2*

- **Free To Leave  
Power Struggles Behind**
- **Only Arise When Trying To Fix  
U.D. Rather Than Managing It**



## *Mystical Perspective #3*

- So Powerful
- Gets Own Segment



# *Homework*

- What Do You Now Know Is Real Object Of Concern?
- 3 Tips Come From Using Mind's Eye Or Mystic's Eye?
- What Is Tip #1?
- What Are Two Alternative Ways To View Weaknesses?
- What Is Tip #2? What Happens When You Ignore It?
- What's The Downside Of Using Tip #2? What's Upside?
- Why Is Tip #3 Getting A Segment All Its Own?



*See you in the next Video*



*Much love,*

*Ragini*

