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Talking Points: Interview With Michael Taylor on Unity.fm

10 Fundamentals for Dealing with (the appearance of) Adversity

The Cosmic Goose – This bad thing that is happening to me is the thing that in future I will say was the turning point in my life. It was the best thing that could have happened. This is your opportunity to change the course, texture, and experience of your life. Get a fresh notebook.

1. Do nothing except what common sense tells you do immediately.
 - a. Get yourself in a safe place where you can have your emotional reaction to the event.
 - b. Breathe. And Keep on breathing deeply. Watch yourself move through your initial reaction without attaching to any of it.
 - c. Find your internal place of emotional neutral. The big reaction is over.
2. Reframe It. Get some distance on it; gain a higher perspective
The purpose of this is to soothe yourself back into alignment with Well Being. Out of emotional neutral and into some place of well being.
 - a. My Good is At Play
 - b. Look for the silver lining
 - i. Make lists of possible positive aspect
3. Go Within. Ask yourself, “How did I create this? What is my creative part in this?”
 - a. Even if you think your part is only 10% own it. Take responsibility
 - b. Absolutely no blaming: anyone else or yourself.
 - c. What do I believe that could have created this.
4. Go Within. Ask yourself what is it that you want to be experiencing. What do you want? What does your heart (soul) desire to experience next in light of this big “hit”.
 - a. Spend as much here as it takes to get clear about what would feel Good for you.
5. Imagine the new outcome that you want to experience. Write it down. Write how it feels to be healthy, prosperous, loved, happy, etc. Tell the new story of how it feels to have popped out the other side of this adversity and into the Light.
6. Appreciate the blessings and magical things that occur along the way to your new experience of life.
 - a. Watch for serendipity; acknowledge that you created this because you are asking for it.
7. Don't look back. If you find yourself stuck on an old belief that is no longer serving you, take the time to do the work of releasing that belief and moving it upward to a higher vibration.
 - a. Focus Wheel technique.
8. Don't engage in any activity or conversation until you feel aligned (good). If you're not ready to meet with the lawyers; do not.



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9. Trust your intuition. The whole event has happened so that you will believe and trust in yourself; that you are guided from Within via your emotions towards your Center, which is Source, Itself. The whole event is for you to realize that you are the Creator of your own reality, every bit of it.
10. Know that you are loved beyond measure, precious in your uniqueness to all the Universe. That the Universe has your back. Treat yourself as if you loved yourself. Uphold, affirm, adore, admire, compliment, comfort, soothe, support, cheer, encourage, and abide with yourself unconditionally. Journal your progress!!!!

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