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# Session 2

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## The Road to Inner Peace and Happiness

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THE PATH TO CREATING CALM IN THE MIDST OF CHAOS

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## REMOVE MEANING

Do you know that we put meaning to everything we experience in life? Many people believe that when something occurs in their lives it is real.

### **OUR INTERPRETATIONS**

The truth is that whatever we experience in life, we interpret it to be a certain way. This interpretation is based on your past experiences, beliefs, and upbringing. Realize that your interpretation of the situation is something you have made up; it is all a creation of the mind. You actually have the personal power to choose what you make each situation, event, and experience mean to you.

If you are not feeling good about something that has happened, think and reflect what interpretation you have put to this situation.

It is important to recognize the difference between the facts of what happened and our interpretation of what happened. Become a master at focusing only on the facts and let go of the rest! Your mind will be clear and keep you in a positive vibratory field no matter what the circumstances.

### **EXERCISE: THE EVENT – WHAT HAPPENED?**





## Re-read your story

**1. Write out the facts of what happened (not your interpretation).**

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**2. Now, write out your interpretation of the situation.**

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**3. Turn that negative interpretation into a positive interpretation in that situation.**

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## LET GO

### **STOP RESISTING YOUR LIFE!**

Whenever you are feeling uncomfortable, unhappy, or any other negative emotion, you are resisting something in your life. We are saying to ourselves and the universe that something is not right here and that it should be another way.

Resisting is futile, as it does not change the situation. What it does do is emit negative energy and attract more of the same negative situations in your life.

Let go and accept your life exactly the way it is and exactly the way it isn't. By letting go to the way it *should* be, you are letting go of all resistance. You are freeing yourself and your negative emotions. By doing this, you will then generate positive energy. By generating positive energy, you will attract and manifest positive things, people, and events into your life.

### **What are you resisting in your life right now?**

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## FORGIVE



We have all experienced negative events and situations in our lives. Many of us are holding grudges and resentment toward individuals for these events that happened. By holding on to grudges or resentment you are emitting self-defeating negative energy vibrations. It is equivalent to carrying around an anchor with you at all times.

**You are only hurting yourself by not forgiving.**

*“Not forgiving is like drinking rat poison and expecting the rat to die.”*

*-- Anne Lamott*

## BE THANKFUL FOR THE LEARNING EXPERIENCE

It is from our negative and difficult experiences that we learn and grow the most. Recognize the lesson learned and be thankful. By doing so, you allow yourself to let go of the anger, resentment, and negative emotions that are attached to that individual or situation. By forgiving, you release the negative energy associated with that person or event and allowing the positive energy to flow. Get clear in all areas of your life. Remember, energy flows where energy goes.





## UNLEASH THE PAST

*“The past is not who you are, it is who you were.”*

*James Ray*

By holding on to the past, we limit ourselves to who we can be today and become tomorrow.

Our negative experiences of the past create limiting beliefs and thoughts that are directing our present and future lives. Recognize that it is something you made up based on your interpretation of what happened.

By holding on to negative past experiences, we vibrate negative energy. This inevitably will attract negative situations, people, and events into our lives. By freeing ourselves from the past, and giving up the hope that the past could have been different, we can then create a clearing to generate positive energy vibrations.

The ultimate goal is to create an empty open space in front of you, so you can create your dream life where anything is possible.

*“Better awareness leads to better choices and better choices lead to better results!”*

*Robin Sharma*

### **EXERCISE: THE PAST UNRAVELED**

**List the areas of your life that are affected by your past experiences.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## CHOOSE YOUR FRIENDS CAREFULLY

It is important to choose your friends carefully. Surround yourself with positive people.

Do the people you surround yourself with *elevate* you? Create a list of the people in your life who elevate you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Stay away from energy drainers!



# NOTES