First Things First

SESSION #2

Welcome, this is Sonia Ricotti and this is Module two in the Unsinkable Bounce Back System.

In this module I want to discuss a few points that I feel are really important as you're about to embark on this life transforming journey. Simply keep these points in mind and integrate them into your everyday life.

1. First, no matter what you're going through right now remember, this too shall pass.

I know it can feel overwhelming, scary and all kinds of crazy negative emotions can flow through you when you're experiencing life altering events and situations in your life. It isn't easy, but it isn't going to be this way forever. Like Thomas Jefferson said, *'When you feel like you're at the end of the rope, tie a knot in it and hang on.'*

The second point I want to share is this, and I'm going to say something that might surprise you, are you ready, here it is?

2. It's okay to feel bad.

That's right, I'm giving you permission right now to feel bad. When something bad happens it's okay to feel bad, in fact, it's normal. I'm a firm believer that it's important to allow yourself some time to mourn and release any negative feelings and emotions you have about what's happening. Holding them in, pretending nothing's wrong or keeping yourself busy so you don't have to think about it or deal with it, will keep you in denial and it won't help you move forward. In fact, not releasing it will prolong your journey and your recovery, because when you don't release it you're holding onto lots of negative emotions and negative energy, often at a subconscious level.

Now, I don't know if you're familiar with the Law of Attraction. If you've seen the movie or read the book 'The Secret' or, if you've read my first book, *The Law of Attraction Plain*

and Simple, you know what it is and how this law is always working in your life. If you don't know what it is exactly, I'll explain it to you in a simple and easy way. The Law of Attraction is based on the premise that everything is energy. That means your computer, your clothes, your body and even your thoughts are made out of energy. It is said that like energy attracts like energy; so whatever level energy you're vibrating at, you'll attract back to you.

So if you're vibrating negative energy, you'll attract negative things, people and situations into your life that are vibrating at that same frequency. That's why you want to release all that negative stuff. You want to shift your vibrational energy so you're vibrating at a positive level and can attract positive things, people and situations into your life. If you're not sure how to do that, don't worry; you'll be vibrating at high level by the end of this program anyway. That's why it's important to release all those negative pent up emotions within you. It's okay to allow yourself to have a good cry.

You may be saying 'yeah, but isn't crying negative energy too?' Yes, that's true, but it's better to cry and let it go and release what you need to release so you can shift your vibrational frequency, instead of holding it in and holding onto that negative energy for a long, long time. Again, sometimes you're even holding onto it at a subconscious level.

Now just to clarify, when I say it's okay to feel bad, I mean, it's okay to just let your feelings out so you can feel it and release it. The purpose of it is to allow yourself to feel the feelings, and give yourself permission to feel it, without making yourself wrong or judging yourself for what you're feeling. You're human. When bad things happen you feel bad; we all do, that's it. Don't put any more stories in there. It's healthy to have a good cry and express your true honest, pure feelings, it's all part of the healing process.

So let it all out and release it. Once you've done that and shed all that negative stuff, pick yourself up, dust yourself off, and move forward.

Another great way to help you release your inner feelings is to write them down. Buy a journal and write in it every day. Journaling is a powerful and therapeutic activity. It's like having a candid conversation with yourself. When you're writing in your journal, don't think about what you're writing. Don't judge it. Don't question it or even edit it. There's no right or wrong way to write in a journal. Simply write whatever comes to mind as if the words are being channeled through you. Allow yourself to feel whatever pain comes up. Allow all the pain, sadness and anger to come to the surface and put it on paper. Putting it on paper allows you to release it from your inner self and let it go.

Make a commitment to yourself to write in your journal every day, at least for the next 21 days. Remember, it takes 21 days to develop a habit. Some days it will be a longer entry and other days it will be just a few short sentences.

Now, I don't know what stage of the recovery or bounce back process you're at, but just know if you've hit rock bottom it's okay. Often hitting rock bottom is a catalyst to achieving absolute phenomenal huge success in your life. In fact, the vast majority of the most successful people on this planet have been through some of the hardest times around. They failed, and in fact they failed a lot, but they did not allow any failures in their lives to stop them. They did not retreat and say I tried, I failed, I give up. They got knocked down. They got up, brushed themselves off, shifted their path accordingly based on the lessons learned, and moved forward. They then failed again. They got up again, brushed themselves off again, shifted their path accordingly based on the lessons learned again, and moved forward again and so on and so on. They didn't give up. They moved forward and persevered.

Here are some examples of what I'm talking about. Do you know who J.K. Rowling is? She's the creator and author of all the Harry Potter books. Did you know that before she published that super successful series of novels, she was broke and collecting welfare? She was severely depressed, divorced and trying to raise a child on her own, all while attending school and writing a novel. She never gave up. Today she's one of the richest women in the world and believe it or not, she did this in a span of only five years. She had a dream and stuck with it, no matter what.

Another example is Michael Jordan. Did you know that he was actually cut from his high school basketball team? He could have given up right there, made that cut mean he isn't good enough to play basketball and move on to something else. But he loved basketball, and he didn't give up. Today he's one of the best basketball players of all time. In fact, this is what he said, '*I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot and I missed. I have failed over and over and over again in my life, and that is why I succeed.'*

Stephen King, the super successful novelist, is another perfect example. Did you know that his first book, the now famous thriller *Carrie*, received 30 rejections? No publisher wanted it. He actually did give up and threw it away; but his wife took it out of the trash and encouraged him not to give up and continue trying. Of course, the rest is history. He now has so many bestselling books published and is one of the biggest and most successful authors of our time.

Did you know that even Oprah Winfrey, of all people, was fired from her job as a television reporter and was told she was “unfit for TV”? She has also had a very difficult abusive childhood as well, but despite all that, today she is one of the most successful women on the planet and is an icon on TV.

Here’s another one, Albert Einstein. We all know him as a genius, but did you know that he didn’t speak until the age of 4 and was unable to read until the age of 7? In fact, his parents and teachers thought he was mentally handicapped, slow and anti-social. He was even expelled from school and was denied admittance to the Zurich Poly-Technic School. Despite all that he ended up winning the Nobel Prize and changing the face of modern physics.

Thomas Edison is another one. When he was young, his teachers told him that he was “too stupid to learn anything”. Later he was also fired from his first two jobs for not being productive enough. Also, did you know that it took him 1000 tries to invent the light bulb? That’s right, he failed 1000 times before his invention finally worked. Imagine if he gave up after his 999th attempt.

Also, Henry Ford is another example. Did you know he failed at business many times before he created the Ford Motor Company? In fact, he went broke five times before he founded that company.

I can go on and on, but I think you get the picture. So basically, do what successful people do when they fail. Get up, dust yourself off, shift your path according to the lessons learned, and move forward.

3. The third point is, say yes to change.

What’s important to always remember is that change will happen. Change is inevitable in life. You can do your best to hold onto the comfort and safety of the known; eventually at some point though, we’re all tested and required to take the road of uncertainty. It’s just part of life. How you deal with change will determine how bumpy and long the journey of change will be. You can choose to be dragged down that path kicking and screaming, or you can simply say yes to change and embrace it.

Yes, I said embrace it. Instead of saying no to change say yes to change. Think about it. Change is going to happen anyway. No matter how much you resist it, it’ll happen. When you say yes to change you’re opening doors for yourself. You’re telling the universe or God that you’re now ready for bigger and better things to come into your life. When you say yes to change you’ll reach that new wonderful destination in record

time. However, when you say no to change, and I see people doing that all the time, and you're dragged down that path with anger, frustration and sadness, your journey and recovery will be a long and difficult one. Actually, some people never even fully recover.

I once heard, Joel Osteen, say something that really stuck in my mind. He said, '*Don't let one setback define you.'* Then he said, '*Quit mourning over something you cannot change. Let it go to allow great new things to flow into your life.'* So again, it's okay to feel bad. Feel it at a deep level and then release it. Let it go and say yes and embrace the changes happening in your life.

4. The next point I want to share is that you are not alone.

When you're going through tough times we often feel very alone, like we're the only one going through this difficult time. This is so far from the truth. There are lots of people going through tough times these days. Not just economically, but health-wise, relationship-wise, and so many other things. You're not alone!

I remember during a radio interview a while ago, I had just finished telling my story and sharing everything that happened to me when a caller's comment really struck me. She said, '*please don't take this the wrong way, but boy am I happy to hear your story and know that someone else is going through this kind of stuff. It feels good to know that I am not the only one.'* It's so easy to fall into the poor me trap and feel completely isolated and alone, but the truth is everyone is going through or has been through something difficult in their lives.

Believe it or not, there are even people out there who are going through a lot worse than you are. Of course, knowing that doesn't immediately change your current situation, but hopefully, knowing this helps shift your perspective and helps you ride the storm with a little more ease. This brings us to my next point.

5. When you're going through challenging times, make sure you create a circle of light.

As you're going through these tumultuous times it's really helpful to have the right people to turn to for support. When I say the word *right*, I mean the people who will elevate you, who have your best interests at heart and who will come from a place of compassion and unconditional love when they advise you. The last thing you need is to be judged or told, '*I told you so'* or lectured by someone who will just add fuel to the fire and knock you down even further.

Figuring out who the right people are can be a little tricky. It may not be who you think. Sometimes our friends and loved ones say things that are well-intended, but simply don't make us feel any better. For instance, if you're in the middle of a divorce after your spouse cheated on you, you don't need to hear, *'I can't believe he did that to you what a jerk. You deserve so much better than him.'* There's a lot of negativity in those words and the last thing you need when you're feeling down and out is more negativity.

To figure out who the right people are in your life, that fall into your circle of light, simply ask yourself '*who are the people close to me that make me feel good*?' Ask yourself, '*when I meet this person, do I feel elevated and happy after leaving or do I feel drained and demoralized*?' Allow your inner feelings to be your guiding compass. Choose people who are great listeners, who do not treat you like a victim, who will not judge you or the people involved, and who have your best interests in mind.

Actually, I'd like you to do this exercise right now. Take a sheet of paper and write at the top, My Circle of Light. Then write out a list of all the people who will be part of your circle of light. These are the people you'll go to when you're about to have a meltdown, or when you just feel the need to talk to someone. Keep this list handy and close by, even post it on your mirror or fridge, as a constant reminder that you're supported and that your circle of light is there for you. Go ahead, pause the audio right now and create your Circle of Light list.

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By the way, something I want to mention. If you want to get support from people who are going through a similar situation, there are so many support groups available for you to reach out to. Sometimes when you're in a precarious situation you may not know anyone in your circle of light that can truly relate to what you're going through, and also, sometimes it's just easier to open up to total strangers. Simply do a search online for support groups that are in your area. In my case, I knew that my circle of light was unable to guide or advise me in any way on what to do, or how to handle being with an alcoholic partner.

Alcoholism is a very delicate and serious situation. I had absolutely no idea what to do, what to say, how to behave or how to handle it. One thing I did know was that I certainly wasn't handling it the right way because I was at the end of my rope, feeling completely deflated and broken down, and my partner's drinking binges didn't stop. In fact, they actually increased. I knew I needed help understanding this disease. I needed guidance on what to do, and I needed support to help me deal with the situation. So I attended ALANON meetings, a support group for family and friends of alcoholics. There I was able to connect with others going through the same difficulty I was, and I gained a better understanding of the disease and how to cope with it.

There are support groups out there for every possible situation… divorce, illness, parents who have lost children, and so on… you just need to do some research to see what's available in your area. By the way, if you find yourself in a situation where you actually have no one in your circle of light, you can always reach outside of your circle. Besides looking for a support group you can even confide in a counselor, a coach or maybe your pastor or spiritual advisor.

Something I'd like you to take notice of, are the people that were not included in this list. The people you consciously said, oh no that person does not qualify to be on this list. In other words, they don't make you feel elevated when you're with them. It's important to remember who those people are. When you're going through tough times, you're in a delicate state and it's important to really protect your energy and become conscious of what energy you're exposing yourself to. The last thing you need is to be surrounded by negativity. That's not going to help you.

Not only should you do your best to stay away from negative people, but also stay away from all negative stimuli. That includes refraining from watching the news, reading the newspaper, listening to vulgar and negative music, and so on. Even your physical environment is important. Remember, everything is energy. You want to expose yourself to positive energy fields that will help you vibrate at a higher level to help you quickly resolve your current situation. If you're surrounding yourself with a lot of clutter or a big mess, at home or at work, it's time to clean up. If you ask any Feng Shui expert, they'll tell you that clutter and a messy environment is a big no-no and generates negative energy.

You want to have everything on your side, everything going for you, not against you. Sometimes you can't help being around negative people. For instance, you might have negative people at work who are always complaining and gossiping about others or maybe one or many of your family members may be negative as well. First, I would recommend that you try to minimize the amount of time you spend with these people, if you can. If you can't, for instance let's say it's someone at work, do your best to not get into any deep conversations with them. Don't get sucked into those negative conversations of complaining or gossip.

Dealing with negative family members is a little trickier. Of course, do your best to not get sucked into any negative conversation, but if you find this is happening, then do your best to change the conversation to a positive one. Sometimes that just doesn't work and some people just choose to be negative, play the victim, and enjoy saying negative things about others. If this is the case, then of course the best thing is to stay away from that person. If you can't do that, and you know you're about to be exposed

to that person and their negativity, then before you're about to meet that person say this mantra, it works for me all the time. *Please help me put a bubble around me, a 3 foot radius bubble. May this bubble repel all negative energy and allow only positive and loving energy to penetrate this bubble. Thank you.*

Then actually visualize a transparent bubble around you. By the way, when you're saying this mantra you're speaking to the God of your understanding, whatever you believe in, or your angels. In my case, I believe in angels so I always speak to them and ask them for help and guidance. I always start my mantra by saying, *'my angels please help me. Please help me put a bubble around me, a 3 foot radius bubble. May this bubble repel all negative energy and allow only positive and loving energy to penetrate this bubble. Thank you my angels.'* In fact, I would say this mantra every single time I had to go into a hospital. There's a lot of negative energy there. Remember, as I mentioned in the previous section, I spent a huge part of the year visiting hospitals almost every single day.

6. Now I want to discuss the final point, which is learn the lessons or recycle.

If you're finding that the same negative things keep happening to you over and over again and it seems as though you just can't get a break, there may very well be a good reason for this. You simply may not be learning the lessons you were intended to learn. You see, in all of what we call negative situations, there is a lesson to be learned and growth to be experienced. When we step over and ignore that very important step in our journey there's a good chance the situation will repeat itself.

Now, the situations may end up showing up with different circumstances and different people each time, but the overall experience will be the same. You see, we can run away from our problems and think we've dealt with it, but in reality we haven't dealt with it at all. For instance, you may find yourself in a position in which you really hate your job, co-workers, and your boss, and you view it as a bad situation that you need to do something about. If your solution is to simply find another job and that's it, there's a very good chance that the next job you get will be a miserable experience for you as well.

The same thing goes for relationships. If you're looking to find your soulmate, yet are finding that this has become a difficult search, and you're constantly going from relationship to relationship, then you've missed something important. Now, you may be chalking up your negative experiences to bad luck, but that isn't the case at all. You're merely recycling over and over again. There are lessons to be learned and transformational growth to experience within these situations, but until you learn and

grow you'll find yourself in the same situation over and over again. These lessons and growth are unique to you and it is your responsibility to tap into your inner wisdom to discover what they are.

To help you get clear on what these very important lessons are, I have a couple of things you can do.

You can do this exercise first.

- Sit in silence. Sit in a chair and close your eyes. Take a few deep breaths and think about the situation you're in and ask yourself this question… '*If there is a lesson I'm supposed to learn in this situation, what would it be?*' Sit with that for a while and see what comes up for you. Take a minute for yourself and do this now.

If you find that your answers are directing you to a negative response, then allow that thought to pass through your mind like clouds moving through the sky and release it. For instance, if you just got out of a cheating relationship and what comes up for you is, the lesson I was to learn is to never trust men. That's a negatively charged statement with resentment and blame all over it. The lesson you're supposed to learn should make you feel empowered and a sense of freedom should come over you.

Ask yourself the question again, and keep asking the question. When you come up with an answer that lights you up and makes you feel good and feels right, that's the lesson. Make sure you write it down.

- The second exercise you can do is… listen to the '*Your Future Self*' meditation visualization audio, included in this program.

This is a meditation exercise that takes you 20 years into the future, once everything has blown over and you're older and wiser. This meditation is a very powerful one when you want to get the answers, and get yourself to a powerful, peaceful and joyful place. It's probably one of the most powerful meditations you'll ever do. You should be doing both of these exercises often, because there may be more than one lesson to be learned.

Let's sum up what the points are to remember throughout this program. Write these down.

⇒ Although this is a tough time, remember this too shall pass.
⇒ It's okay to feel bad, just let it all out and release it.
⇒ Embrace change, say yes to change.

⇒ Make sure you create a circle of light.
⇒ Always remember, you're not the only one going through this stuff.
⇒ Make sure you've learned the lessons you need to learn so you don't recycle.

So now you're ready to move forward and get deep into this program. Get ready to master your mind, recreate your reality and attract, allow, and receive incredible wonderful things to come into your life.