



Let Love Lead and Set Yourself Free

Module #6

Welcome, this is Sonia Ricotti and this is module six in the Unsinkable Bounce Back System. In this module I'll be discussing how letting love lead you will set you free and help you bounce back quickly.

When you've been wronged, our first defense is to feel resentment and anger for the offending person or situation. This is our way of protecting our heart from feeling the true pain its' feeling. What we don't realize is that holding this resentment and anger will only augment and prolong the pain, making moving forward and bouncing back quickly almost impossible.

It's funny, because we often believe that holding on to these negative feelings lets us get back at that offending person, when in fact we're not getting back at anyone but ourselves, and not only that - we're giving that person control over our emotions. Keep in mind, as I mentioned earlier in a previous module, what you're currently feeling does not come from the external circumstances in your life, but your thoughts about those circumstances.

No one can make you feel angry or resentful. You hear people say all the time, '*wow, she made me so angry.*' When in reality that's not true, she chose to do or say something to you and you chose to have a certain thought about it, which led you to feel angry and resentful. The act of forgiveness is important in order to move forward in your life. If you want to bounce back quickly and higher than you ever thought possible, it's necessary that you forgive anyone who was involved in, or was part of, what happened in your situation.

Sometimes that person might even be you. Perhaps you need to forgive yourself on some level too. I know forgiving isn't easy to do, in fact, it's probably one of the most difficult things to do, but it's necessary. You see, when you forgive you're not doing it for them; you're doing it for you. Holding onto that resentment and anger is only hurting you, it's not hurting that person at all.

There's a quote I once heard that explains it perfectly. *'Not forgiving is like you drinking rat poison and then waiting for the rat to die.'* Think about it. The only person dying is you.

When I say forgive, I'm not saying that you condone that person's behavior or what they did. I'm saying you just forgive them, let it go, move forward and remove all the negative feelings about what happened. Send love their way, because chances are they really need it. One way of looking at it is *hurt people, hurt people*. People don't just go out and say and do mean and hurtful things just for the sake of being mean; although sometimes it appears that way. There are reasons behind the behavior that we most likely will never know or understand; and most likely it has absolutely nothing to do with us.

At times the person we need to forgive is ourselves. Sometimes we do or say things that we're not proud of and we feel badly about it. We can often be our own worst enemy. This needs to stop immediately. Loving yourself is of prime importance when moving forward and bouncing back from a challenging situation. Each moment of every day is an opportunity to start fresh. Remember, the past is history. It's gone. You can't change it so let it go. Keeping it alive through your thoughts, or punishing yourself for something you can't go back and change, is futile and self-defeating. It helps no one.

Also, nothing is ever as we think it is anyway. All we have to go by is our interpretation and perception of what is, or what happened, and those interpretations are what are keeping us from forgiving. Instead of jumping to conclusions, over-analyzing what happened or what someone said and judging the situation or the person, simply don't judge it at all. Accept what happened; focusing on the facts and not the story you made up and then, send love their way. Come from a place of love instead.

One of my all time favorite quotes is from Mother Theresa, who said, *'If you judge people you have no time to love them.'*

Let's face it, loving someone feels a lot better than being angry at someone. We don't know why people do what they do and often they don't even know themselves. We have not walked in their shoes and we don't know what's going on inside them, so when we choose to hold onto those negative feelings, we're doing so without having all the facts and without understanding what's really going on. It's also not our job to figure all that out; and it isn't even necessary to know all of that in order to forgive and move forward peacefully.

Something you can also do to help you forgive that's very powerful is to look for the silver lining to whatever happened. Like the old saying goes, *'Every cloud has a silver lining.'* It may not be easy to find and may even take a while to find it, but every situation has a silver lining; you just have to search for it. Finding the silver lining, realizing something good has come out of it and accepting that this all happened for a reason makes it easier to forgive.

Now, I want to share with you a very powerful meditation and exercise that will help you release all the anger and resentment you may be feeling, and help you forgive that person. The first part is a meditation and the second part is an exercise, the two go together.

Before I begin this meditation and exercise, I want to make sure you're not driving right now. If you are then I recommend you turn this off. With this meditation and exercise you'll need a pen and lots of paper, so make sure you have that handy.

Sit in a comfortable chair with your feet on the floor and adjust your position so you're sitting in an upright position. Place your hands in your lap. You can even lie down if you prefer. Now gently close your eyes.

Take a nice long deep breath in and breathe out. Become aware of any tension you're holding in your body. Begin releasing your tension as you exhale with each breath. Breathe in peace and calmness and exhale all your tension. Focus on your breathing. Breathe in and breathe out.

I want you to think of the painful experience that occurred that has left you feeling angry and resentful towards that person. Think about it. What happened? What are you feeling? Feel the emotions that come up. Now, whatever emotions you're feeling, whether it be sadness, anger, resentment or frustration, I'd like you to become aware of what you're thinking. What are the thoughts that are going through your mind right now as you're experiencing these emotions? Take the time to really become aware of your thoughts right now.

Allow those thoughts to flow through you as you become consciously aware of them. Take note of each and every thought that comes up and recognize that these thoughts are holding you back from forgiving and moving forward. Now, become present and aware that these thoughts are your creation and interpretation of what happened, and are making you feel the way you do. You can choose to interpret your situation any which way you want to.

*What new thoughts can you choose?
What new interpretation can you choose?*

Now think of the lessons you've learned and how much you've grown because of what happened.

*What have you learned?
How have you grown?*

Now, as you know what you've learned and how you've grown, you can uncover the silver lining in this situation. What is the silver lining?

In a few moments I'm going to count from three to one. When I get to one you'll feel refreshed and energized.

*Three... you're returning back to the present. You feel refreshed and alert.
Two... you begin to move your toes, your legs, your arms and your hands.
One... you open your eyes. You're peaceful, calm and alert.*

I want you to sit silently and take the time to write down your new thoughts, your new interpretations, what the lessons are that you've learned, how you've grown and finally, what the silver lining is. Do that now.

Once you've done that and you've written out your new thoughts, your new interpretations, what lessons you've learned, how you've grown and what the silver lining is in your situation, it's time to write a letter to the person you wish to forgive and actually thank him/her. That's right, thank them. Explain to them all the lessons you've learned, how you've grown and you now see it was a blessing in disguise. Then, forgive the person in this letter.

This exercise can be done to forgive people who have already passed away as well. You don't have to give the person the letter for the act of forgiveness to occur. The act of forgiveness is something very personal to you and it's done to set you free. So right now pause this module and write your letter.

Now that you've written this letter I want to go back to something I said earlier, which was, simply accept what happened, focusing on the facts and not the story you made up and send love their way.

Coming from a place of unconditional love is such a powerful practice on so many levels. It isn't always easy to do and certainly it takes practice, but it truly is an incredible way to remain in peace in any circumstance and helps you shift your situation quickly. It also shifts the energy, not only in you, but also in the people around you. In fact, I use this practice all the time every day in my life. Whenever I find myself in a situation in which I know I'm getting agitated or upset, the first thing I say over and over again in my mind before responding is come from a place of love and then I respond.

What happens when I do that is I'm stopping myself from automatically reacting impulsively and instead, taking a quick mental timeout and allowing myself to choose a different reaction. It happens in seconds and that choice will ultimately shift the outcome of that situation. This small phrase has diffused so many arguments or negative situations for me. You'll be amazed at how quickly you're able to shift your feelings and your situation when you come from this space.

I use this even when I'm emailing someone. If I'm responding to something negative that has happened, I write the email but before I send it I say to myself, is this something someone coming from a place of love would say? I can't tell you how many times I've had to rewrite emails after asking myself that question. It's amazing how we sometimes react without even thinking, even with emails.

In my book, *Unsinkable*, my friend Marcie Shimoff, who's a New York Times bestselling author of many books including, *Love For No Reason*, contributed her words of wisdom to the book. In fact, she says that *'being in a state of unconditional love when going through tough times can dramatically shift your challenging situation.'* She says *'when you're open hearted and loving you magnetize those qualities to yourself. You attract the good because you're radiating the good.'* So any time you feel yourself getting angry or resentful, stop for a moment and ask yourself, *'if I were coming from a place of love right now how would I react and behave?'* Then choose that reaction instead.

Something else I want to discuss that I haven't yet mentioned in this program is having an attitude of gratitude, no matter what your circumstances are. This is very important. In fact, not only be grateful for all that you do have in your life right now, but also be grateful for what will be. Do you know that being in a state of gratitude actually increases your vibration dramatically? In fact, being in a state of love and in a state of gratitude are two of the most powerful high vibrating energy fields. So, if you want to shift your situation and attract and manifest great things into your life, then focus on living in a state of gratitude and unconditional love. I'm serious, they're that powerful.

So as you can imagine, having an attitude of gratitude is so important. We all have a lot to be grateful for in our lives, even when going through challenging times. Taking the time to think about all the great things we do have in our lives gives us the opportunity to focus on the good and helps put everything in perspective. Sometimes we get so caught up with the small details of our situation that we forget the bigger picture and the incredibly wonderful life we really do have.

I remember a while back I was lying in bed in the dark, getting ready to fall asleep. The devastating earthquake had just hit Haiti and I was saying a prayer for all the people who had been injured and killed. I began to think of the millions who had been displaced and were sleeping out in the streets. At that moment, I became present to the bed I was sleeping in, how warm and soft it was, how comforting and comfortable it was. I began to think and feel how lucky I was to have a bed to sleep in.

What I recommend you do so you're constantly living in a state of gratitude is do something I discuss in my first book *Law of Attraction Plain and Simple*. I'd like you to write out your own personal gratitude manifesto. This is a journal of all the things you're grateful for in your life. To get into that feeling of gratitude and appreciation, sit in silence, close your eyes and begin visualizing everything you have in your life and then write it all down.

It's amazing how many of us spend much of our time focusing on things we don't want in life, discounting the marvelous things we do have in our lives. Make it a habit to read your gratitude manifesto every day and not only that, but add to it every day. Keep it on your nightstand next to your bed and make it a habit to read and add to it each and every morning when you wake up. This will begin your day on a feel good note and your positive energy field will align itself to attract all that you desire for the rest of the day.

If for some reason you're having difficulty finding things to be grateful for in your life, then I'd like you to review this quote from Buddha, in your mind. *'Let us rise up and be thankful, for if we didn't learn a lot today at least we learned a little, and if we didn't learn a little at least we didn't get sick. And if we got sick at least we didn't die. So let us all be thankful.'*

So being grateful for all that is wonderful in your life is so important, and once you've mastered that I'd like you to take it a step further. I want you to be grateful for all that will be. That is, be grateful now for what your life will be in the future. Get in the feeling of having moved forward, having successfully overcome your obstacles and imagine how wonderful it will be living your new life. You don't have to wait for this to actually

happen before being grateful for it. Visualize your new life. Feel and get in touch with what it will be like. Really feel it like it has already happened.

This will not only elevate how you feel at that moment, knowing there's a bright light at the end of the tunnel, but the positive energy you'll generate by doing this will also help you attract it into your life. To really get into the feeling of experiencing already having everything you want and being grateful for it, you can do this exercise. It's actually a really fun exercise to do.

I'd like you to write a letter to yourself or think of it as a journal entry in your journal. Write in it as if you're already in the future and you've achieved everything you've ever wanted. Write out how wonderful your life is and everything you've accomplished, how you feel. Write everything in detail. Write out how grateful you are living your new life after you've overcome your obstacles and are now on the other side of living in this bright new world. Be very descriptive in all areas of your life.

By the way, once you finish writing it, say *'I am grateful for this or something better.'* This is very important. Sometimes we're so focused on our goals that when the Universe or God decides to send us something better, we end up ignoring it and continue on the same path in order to reach our original goal. Often, when we do that, we achieve our goal but it's not at all what we expected and we're totally disappointed.

So the *'or something better'* is so important. Sometimes what we think we want isn't necessarily what's best for us, so be open to what shows up for you. For instance, let's say you really want this one specific job. You go for the job interview and find out you didn't get it. Instead of sulking, being disappointed and frustrated, simply remember the statement: *'I want this or something better.'* This allows a space for what is best for you and for your highest good, to come into your life. It may not be what you think.

Maybe you didn't get the job you want, only to realize later that a much better and more fulfilling job that pays even more was waiting for you around the corner. So again, say *'I want this or something better.'* Now go ahead and take the time to write this fun letter.

As you can tell, the theme of this module is really focused around love and appreciation. That is, loving yourself enough to forgive and let go, loving all that you do have in your life, and living in a state of gratitude. To continue on that love theme, I'd like to discuss the importance of spreading the love and helping others.

I know you may be thinking, *'helping others, are you kidding? Yeah sure, I'd like to help others but not now, I have to help myself right now. I need to get through my own stuff first before I can help others. I'll help others later when everything is okay again and back to normal.'* Yes, you need to put yourself first and get back on your feet, no question. But you can actually do both: help yourself and others at the same time. In fact, when you help others in need you are helping yourself too. You see, when you step outside of yourself and your situation to help another in need, you'll be amazed by what occurs.

First, you feel good right away. Although it's wonderful to receive, giving to another person and making a difference in his/her life makes you feel good too and that alone helps you shift your life because you're shifting your vibration.

I've been on many humanitarian trips around the world, and several people have made comments to me over the years like, *'wow that's really commendable of you, Sonia.'* What many people don't realize is that I get more out of giving than the people do who are on the receiving end. I can't tell you how good giving to another makes me feel. By simply stepping outside of yourself and helping others, you're putting aside your problems for a moment and gaining perspective on what's going on outside of your world. This alone can shift your mental state to a more positive one and of course, this new positive mental state will end up shifting your own life too.

Now, there are many different ways you can give. You can give money to a charitable organization, volunteer your time, shovel the driveway for an elderly neighbor or buy a sandwich for a homeless person. Whatever it is just do something outside of yourself that will help another person. Go out of your way. Set the intention each day to do something good for someone else. You'll be amazed at how that will change the way you feel. Not only will it shift how you feel, but there's something even bigger happening here, it's called the Law of Giving and Receiving.

When you begin to go out of your way to give to another person, you'll start noticing that you begin receiving great things back into your own life. You may not receive back from the people you're helping, but you'll receive good things from other people in other ways. I want you to really pay attention to this because it really does work. When you begin stepping outside of yourself and going out of your way to be nice and help others, you'll be amazed what you end up attracting back into your life.

I remember when I was in my deep financial trouble, I had a friend who was also going through difficult financial times too. I was talking to her on the phone and she was telling me how she was completely tapped out financially, that she didn't even have

money for groceries. Although I didn't have any money myself, and was in serious debt at the time, I tried to figure out how I could help her. I realized that I had a little space left on my credit card and took a \$200 cash advance and had it deposited directly into her bank account.

I was in no position to be giving away money to anyone; but I knew at that moment I had to help her and believe me, \$200 at the time was like a million dollars to me. Do you know that literally two days later I received an unexpected check in the mail for \$500? I remember thinking to myself, *'wow, that's so weird I just gave away \$200 and now I receive \$500, completely out of the blue.'* I started to really pay attention to this and how this law of giving and receiving works.

By the way, it's a two way street. You need to get really great at both giving and receiving. I find that sometimes when you're in a difficult situation you're in survival mode, and when that happens you can easily fall into the behavior of only focusing on the receiving part of this law by concentrating on what you can do for yourself, to help you, and ways others can help you. There's nothing wrong with this thinking per se, because you do need to take action and find solutions to help you overcome your situation, but there should be a balance.

If you're only focusing on what you can get from people then the flow of energy stops and it won't work. When you're giving, your intention behind it is important too. If your sole intention of giving to another person is so you can receive something back, the chances of that working are slim. It has to come from a pure genuine place of really wanting to help someone. Give because you want to give. Give because it's the right thing to do. You'll be amazed by what is returned to you when you give from that beautiful place.

Now, I really want to emphasize this again... give from a pure place without the expectation of getting something in return. For instance, let's say you hold the door open for someone. That's a nice thing to do; but if that person doesn't say thank you to you, do you get annoyed or upset? Do you yell out, *you're welcome*, sarcastically? Then you're not giving from a pure place. You're expecting something in return. Of course it's nice to get a thank you, because it makes you feel good when the other person receives your kind gesture. But, if you expect recognition for your kindness than it's not coming from a pure place.

You're giving with conditions attached to it and expecting something in return from that person. When I say step outside of yourself and give, I mean give unconditionally. Getting good at giving is important in shifting your situation and your life. It's also just as

important, however, to get really good at receiving. It's amazing how many people out there have trouble receiving. How often do you hear someone say, *'oh you shouldn't have? Why did you do that? Oh no, I can't accept that?'* When you say that to someone you're stopping the flow of energy.

You want this energy to circulate. Remember, when you're receiving a gift of any sort, whether it's an actual object or an act of kindness, the person who's giving it to you is also getting something wonderful out of it. It makes him/her feel good to do it, so don't take that away from them by not receiving the kind gesture. Instead, receive it with open arms, with gratitude and love. This will make you both feel good. Don't feel guilty for receiving it or feel as though you have to give something back to that person. Simply receiving it graciously is a gift in return.

So get really good at stepping outside of yourself and look for ways to help others. In fact, do something kind for another person every day. It can be something big like depositing money into a friend's account whose going through some financial difficulties, or perhaps sponsoring a child in a developing country, or it can be something small such as letting the person behind you in line at the grocery store go ahead of you. Just do something kind for another; large or small.

Again, it has to come from a pure loving heart with no strings attached and with no expectations of getting anything back in return. You'll be amazed at what will come back to you. The Universe, God or whatever term you choose to use, works in mysterious ways. So, if you want to move forward and attract and manifest wonderful things into your life, make sure you let love lead your life. Forgive all that needs to be forgiven. Remember, you're doing it for you.

Always come from a place of love.

Be grateful.

Step outside of yourself and help others.

I'd like to end this module with a wonderful quote I recently heard, although I'm not sure of who the author is. It's a great reminder about life.

'There comes a time in life when you have to let go of all the pointless drama and the people who create it, and surround yourself with people who make you laugh so hard that you forget the bad and focus solely on the good. After all, life is too short to be anything but happy.'