

Review your Negative Mind on	the issue:
	the issue.
Negative Thoughts:	
Judgements:	
Duciantiana	
Projections:	
Pleasure Socking	
Pleasure Seeking:	
Stories:	
	with all the Positive (opposite) thoughts or viewpoints.
Now balance out the Negative	
	with all the Positive (opposite) thoughts or viewpoints. Positive Mind
Now balance out the Negative	
Now balance out the Negative	with all the Positive (opposite) thoughts or viewpoints. Positive Mind

4. Prove that both are completely true AND untrue.

Negative Mind Positive Mind

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FALSE	TRUE	FALSE

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Build flexibility	ını,	voiir thinking	T TO I	ne anie i	ተለ ናቀራ	it trom	many	, ditterent	nersnectives
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- 4. Elevate to Neutral Mind (Comment where you have thoughts):
 - Acknowledge both positive and negative so they feel equal; neither is preferred/better
 - Work to see the situation without filters:
 - o Remove likes/dislikes, preferences, opinions
 - o Identify projection as untrue
 - o Release all judgement, comparison, opinions
 - o Identify and rewrite the stories
 - State what is True in the Present Moment
 - Notice WHAT-IS

5.	Observe through Innocent Perception:What critical life lessons, possibilities, and potential gifts can birth from this?	
	 Apply Divine Awareness: What would Divine think/do about this? How does this all lot the eyes of unwaivering Love? 	ok through
	 Apply Oneness: If you knew the other person was a sacred part of yourself (vs separa would you see differently? 	te), how
	What is the spiritual 30k ft view? (lineage, karma)	