

Let Go Of Stress - Take Your Life Back

You know that feeling when your brain just doesn't want to stop? It's like a run away train that has no tracks and zig zags all over the place at high speed. When things seem to come out of the blue and bite you on your "sit muscles" and you can go off into a spin. That happened to me recently so I had to call on my Inner Coach to help me out.

You know that quiet place within that doesn't get ruffled and knows how to say "yes" and mean it and say "no" and mean it, sets up boundaries and does what's most joyful and has a blast. That's the place where love and peace rule. We all get distracted from time to time away from that healing, joyful, harmonious place. We can find ourselves miles off into what feels like a dry baron desert, of a lifeless routine day after day, where we can feel alone even with our family or feel badly treated by a partner or college. All these negative feelings can surface without even having left home. We don't need things in our lives to change that much for us to feel terrible or just empty. It feels like life can grab hold of you spin you around and all of a sudden you are off balance and can't understand what happened.

So what do we do? "Snap out of it" some would say, "there are a lot of people worse off than you". Big help (not) if you're feeling like crap. Some would be all cheery and say "it all happens for a reason"- sometimes it just makes you want press their mute button doesn't it?. So what then? What do you do if you feel like crap and are angry at the world? There's only one thing for it, take your life back.

When we're feeling bad you're usually feeling disempowered. Feeling like you have lost control. It can feel like someone just whisked your life away from you and you have lost your choices. The best thing is to just stop. Just stop right where you are and don't look for reasons, don't look for who is at fault, don't look at all of the mess that seems to be laid at your feet, just look at where you want to go. Someone may well have done something to hurt you, someone may not be appreciating you, your life may well be the same old routine over and over, you may well be in a situation you can't change right now, but continuing to give that your attention won't help you. Judgment of yourself or others is not a helpful thing to engage in so let it all go.

The best thing you can do is to make a resolution that you have decided from this moment on, you want to feel better. That is the most powerful thing anyone can do. Wanting to feel better means re-directing your mind. Re-directing it to a place that brings you relief. Relief from the punishing, disempowering thoughts that give that run away train fuel. Negative thoughts never bring you joy. No matter how justified you may be to think something negative, it will only create more negative experiences in your life. The only purpose of a less than loving experience is to highlight the opposite of what you want so you are clearer about what it is that you actually *do* want.

So how do we redirect the run away train, how do we take back our life and redirect our thoughts away from painful negative thoughts? We look forward. We fill our minds with thoughts of how we want our life to be, of what we want for ourselves, of thoughts that make us feel good. We can look back and use memories or we can look forward to the

future and describe to ourselves how we want our life to be. Paint pictures in your mind. Create travel brochures, movies or snap shots in your mind of what you want your life to be like. Some people suggest a vision board. Collect pictures from brochures, magazines and make a board of images to look at that represents your wildest dreams of pleasure and joy. Don't want to buy the magazines, search the internet and collect the images that way. Create your own powerpoint display of beautiful images and music. Youtube is full of inspiring snippets. Take a look at my blog www.happinessissuccessblog.wordpress.com or create your own place to focus on what makes you happy.

Whatever helps you to focus away from what makes you feel bad and directs your attention onto what feels good, do it. Don't get caught up in *how* these things will come to pass, just do it because it distracts you from the negative. Reclaiming your thoughts is what will re-empower you. Reclaiming your thoughts will set your mind on the tracks to places that allow inspiration to be heard, and happiness to reign. Take back your life by redirecting your mind from negative thoughts to those of love and support. You are the only one who has the power to create peace and harmony in your mind. When you do that, your outer world will reflect your inner world and your life will be more of what you want.

Just remember though, we are designed to expand and when we get what we want, it is only a jumping off place for another "desire/want" to occur. We are always wanting more or different as that is the nature of expansion. It's not bad to want, just be grateful for where you are and look forward to what is coming. That is what peace is- knowing that you are where you are and you can direct more wonderful things your way.

Have fun with keeping your train going in the direction you want.

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