

7 Useful Life Skills

1. Discover the calming power of your breath

Develop a mindful practice of focusing on 7 consecutive breathes.

During an emotional surge, find your breath before taking any action.

2. Open to the the full spectrum of your emotional capacity and notice

Denying or stuffing emotions creates a false sense of well being.

Emotions want to be acknowledged. Give yourself permission to feel all your emotions, and breathe. Witness your emotions without impulsively reacting to them.

Realize your actions are not controlled by your emotions.

3. Transcend selfishness to self-care

Selfishness is at the expenses of others. Self-care is to better serve yourself and others.

Respond to your bodily needs: eat well when hungry, drink appropriate fluids when thirsty, sleep or rest when tired. Know when you need down time, know when you need to stimulate your mind and imagination. Exercise.

4. Know your resources

Realize the many paths to tap into your connection with the Divine (through nature, meditation, prayer, dreams, music, spontaneous play)

Create your own support team. Ask friends and mentors to keep you motivated. People want to support people moving in positive directions.

5. Recognize the wisdom within your bones

Learn to distinguish between impulse and intuition.

Trust your own perceptions.

6. Deepen your capacity for self compassion

Shift from being your best critic to your best supporter.

Find your sense of humor. Offer yourself Tender Loving Care.

Admitting mistakes does not mean you are a failure. It means you are human and learning through trial and error and taking risks. You are growing.

7. Remember:

Under all the layers, all the complications, all the illusions life is about the creative expression of our unique Divine radiance.

Live fully, Love abundantly, Laugh often

The contents of this page can be downloaded and copied by anyone so long as they credit Joy Caffrey as follows:

(c) 2013 by Joy Caffrey and the Joyful Healing Center

Website: www.JoyfulHealingCenter.com

Phone: 479-409-4912