



## Miracles in Personal Coaching ©

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### DAY 70 – Dealing with Negativity

#### Key Topics:

- Negativity is not just about “other people”
- The cycle of belief, projection, and validation
- You may not feel that you are negative
- Divine Love will never intervene without your invitation
- You are the creator of the world you see
- Do you want to be right or happy?
- EFT Tapping Exercise

#### **Negativity is not just about “other people”**

When you think about negativity and judgment, your first thought might be about other people. It is those “other people” that are so negative, and those “other people” who are in judgment. Negativity can easily become a habit and without realizing it, your own thoughts might be quite negative, prompting you to go into fear, worry, or judgment. The ego represents the part of your mind that loves to judge everything because it has accepted the idea that you are separate from God, and this part of your mind is committed to the idea of separation. It will do everything it can to convince you that you or someone else is not whole. In order to keep your attention, it will barrage you with insolvable problems, circumstances, and people who will validate or mirror your unhealed beliefs back to you.

#### **Here’s an example:**

Let’s say you believe that other people take advantage of you. If you are convinced that this is true, then other people will “show up” and validate to you that you are right. As part of this example, let’s say that a loved one has a habit of placing burdens on you that they could easily take care of themselves. The moment another burden is placed on you, you will be tempted to go straight to your belief and validate it. This cause and effect relationship of holding a belief and then assigning other people to mirror it to you is fueling your negativity, your desire to judge, and your need to be right. A Course in Miracles asks if you would rather be right or happy. Whenever you hold a negative belief, other people will always show up to mirror it to you. Then, when they play the role you have assigned to them, you judge them for it. This can happen many times a day. If you believe you live in an unsafe world, you will turn on the TV just when the news is reporting the latest crimes, accidents, and murders. You will be tempted to shake your head and reinforce your belief all over again. If you believe the economy is getting worse, then the next person you see is likely to share how they lost their job. If you are worried about your business, then it would not be surprising if one of your biggest clients suddenly decides to go elsewhere. If you have a

belief that you do not have enough money, then you will get to be right when it comes time to pay your rent or mortgage. Being right about your beliefs can be frustrating, painful, and even scary.

### **The cycle of belief, projection, and validation**

This cycle of projecting your beliefs and then validating your projection is holding you in pattern of negativity and judgment. It is as if you are sitting in a movie theater and the movie that is playing is being scripted in your mind. The movie you see, no matter how painful it is, is not going to change until your thoughts and beliefs are healed. Fortunately, it is not required that you heal your own thoughts. In A Course in Miracles it says that your thoughts must be healed by the One Who Knows no error, being the Holy Spirit. You are asked to turn it over to Him just as you are. His love and wisdom will heal all the errors in your mind, so you can enjoy the happiness that He wills for you.

### **You may not feel that you are negative**

You may not feel that you are all that negative, but think of this: If someone calls you and says, “I need to talk to you”, is your first thought one of worry or joyful anticipation? If you are in traffic and you are running late for an appointment, is your first thought one of peace because you Trust God with every situation, or do you worry that you will not make it on time? If someone at work imposes a project on you, is your first thought one of peace because you Trust that God’s will is your happiness, or do you anticipate a negative experience and get frustrated, worried, or angry?

### **Divine Love will never intervene without your invitation**

Everything you see is the reflection of your thoughts and beliefs. If you want to have a happy outcome, you will need to ask for the healing of your thoughts. God is pure love and Divine Love will never impose Itself on you. This is why you must invite your Higher Wisdom to heal your thoughts, because without an invitation, It would be attacking your mind. In the meantime, there are things you can do to help your situation.

### **Here’s an Example:**

Let’s say you have a belief that someone in your family is irresponsible and time after time, they have proven you are right. The next time they show up in an irresponsible way, you will need to pause, and before you judge them or decide you are right about them, **you will need to be willing to see them differently.** You will be tempted to judge them for how irresponsible they are and reinforce your belief. If you are willing to see them as whole, capable, respectful, caring, and responsible right in the moment of witnessing their irresponsible act, your experience of them as irresponsible will begin to shift and heal. Be willing to see through and beyond their appearance, habits, behaviors, and actions. Be committed to seeing only the Light of Christ within them and this Light will reveal Itself to you.

### **You are the creator of the world you see**

You are the creator of the world you see. You are the writer. You are the director. You are the casting agent, producer, and the starring role. Whatever you decide, you will get to be “right”.

### **Do you want to be right or happy?**

It is challenging to see others differently, because you still have hurts and wounds from your past experiences. These negative charges that you are carrying from the past, will convince you that your judgment is right and necessary, and you will be tempted to use your judgment to help you defend against more pain. I call these negative charges “Bear-Traps”. It is as if you have stepped in a bear-trap in the past and the pain is still with you. Once you release the negative charges from the wounds of the past, it will be easier for you to see others as whole and complete, even when they are not showing it to you or aware of it themselves.

You can apply the following EFT Tapping Exercise to diffuse your frustration and/or resentment about those who are negative or challenging. This is a transcript of the Audio called “Relief for Negativity & Judgment” under your “More Tools & Resources” section of today’s lesson.

### **EFT Tapping Release Exercise**

*Go ahead and **tune into that one person you are judging in a negative way**. Allow the details to come forward, along with the frustration this person has caused you:*

*Begin tapping over your heart and say:*

- I am aware that I have been judging this person as less than whole.
- I am willing to forgive myself.
- I release all my negative feelings and emotions.

*Other side of the chest*

- If I ever decided that this person has altered me
- or has caused me pain
- I am determined to release my judgments and see them differently.

*Center of the chest*

- I want peace instead of my judgment.

*Top of the head*

- I want happiness in the place of my resentment.

*Eyebrow point*

- I release the past.
- I am willing to free us both that we may be in peace.

*Take in a long deep breath*

*The Light of God is within this person.*

*What you see now is a collection of your beliefs in the place of the truth about them.*

*Over the heart*

- I am willing to see this person differently.
- I am willing to refrain from judging them and to stop judging myself.

*Other side of the chest*

- Every time I judge another person, I am denying the light of God within them and myself.
- I am one with them.

*Side of the left hand – karate chop point*

- I am learning that I am always choosing between innocence and guilt.
- Whenever I see guilt in another person,
- I am reaffirming guilt within myself because they are one with me.
- I am one with this person and I am one with God.

*Top of the head*

- The worst I see in another person is the best I will know within myself.

*Eyebrow point*

- I want to see their light, their innocence, and the greatness that God created within them.

*Side of the eye*

- I ask for the Vision to see beyond this situation and past the appearance.
- I want to see the Light and Truth and the Innocence of who they are.

*Pause and take a long deep cleansing breath*

*Relax your shoulders and release all remaining tension*

In A Course in Miracles, it reminds us in Lesson 121 that **“Forgiveness is acquired. It is not inherent in the mind, which cannot sin. As sin is an idea you taught yourself, forgiveness must be learned by you as well, but from a Teacher other than yourself, who represents the other self in you. Through Him, you learn how to forgive the self you think you made, and let it disappear.”**

Today, you can join me in the decision to stop judging. You can begin by practicing for one whole day. Try to keep from judging other people or situations. Be willing to see other people without a past. In other words, you will need to let go of the “story” you have about them and about yourself. It is time to lay the script down. If you see or hear anything that tempts you to go into negativity or judgment, pause and say this to yourself:

**“Decide for me”, and it is done.** In the Course it says that His decisions are reflections of what God knows about you, and in this light, error of any kind becomes impossible.”

*Pause and take a long deep breath*

*You are leaving room to see yourself, your situation, and the other person differently.*

*Side of the left hand – karate chop point*

- I release all remaining judgment
- Dear God, help me to release my judgments
- Remind me of the light that You created within every person,
- as they are one with me

*Over the heart*

- I release all the pain, all the hurt, all the frustration
- and all the irritation that I have experienced in the past
- I am willing to release the past and to leave a space
- for You to heal my mind and restore it to peace

*Pause and take another long deep cleansing breath*

### **Final Prayer**

*a Transcript from the Audio “Relief for Negativity & Judgment” from our Help Me To Be Happy Series. You can also tap along with the prayer, as desired.*

*Dear God,*

*We come to You today. We remember, and as we are learning, that our judgments block the light from our own awareness. Whoever it is that we are judging today, we are willing to forgive ourselves. Will You please give us the wisdom and the strength to see past our judgments, and to understand that everything we see with our eyes is the effect of our thoughts and beliefs. These other people that are showing up in a way that is annoying or frustrating, or even makes us angry, they are actually playing the role that we have assigned to them. Today, let us lay the script down, that we could see them completely, in the light and the innocence of what You created. We are willing to leave a space for you, where all of our unhealed thoughts could be healed and restored. We join together, in knowingness, that You are always with us, and if we will leave a space for You, that we can have miracles in the place of all of our grievances. Help us to stop judging. Help us to put down our negativity. Help us to stop expecting the worst to happen. Today, we expect only a happy outcome in everything we do. We are willing to stop deciding against Your Will for our happiness. Together, we place our future in the Hands of God.*

*Thy Will be done.*

*Amen*