

KARMA COACH.NET

# FOCUS and FEELINGS

**Your attention is  
powerful.**

# Your Focus

## **What you focus on matters.**

If you focus on lack or fear of loss, you will start thinking all the thoughts that go along with lack or loss. The same is true of a more positive, life-giving focus. If you focus on what is good about you and your life, all the thoughts that match satisfaction and gratitude will arise in your mind.

*Thoughts attract their like kind.*



# FOCUS MORE ON

1

## You Are Safe

Focus on being thankful that, right here right now, you are physically safe. You have a warm bed to sleep in, good food to eat, and people who love you in your life.

2

## You Are Creative

Simply by changing the way you look at any situation, you can change its effect on you. That's how powerful you really are. You have experienced creative solutions before and you can experience creative solutions now.

3

## You Are Not Alone

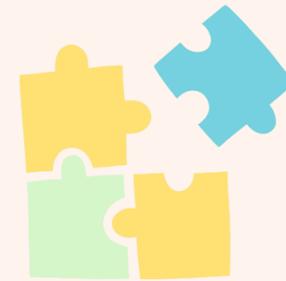
Although it may feel that way sometimes, it is never actually true. Life is always supporting you. Be open to and welcome supportive experiences, in your personal life and in your community.

# Thoughts & Feelings Go Together



**Limit your exposure to social media negativity.**

Inform yourself about facts, when you need to. But avoid being bombarded by countless negative opinions on social media. You're smart enough to draw your own conclusions.



**Learn to engage in peaceful contemplation.**

Take a few minutes each day to unplug and get centered in your own being. Realizations come in peaceful moments of quiet reflection. Allow yourself the space to let your mind settle.



**Connect with like-minded people.**

Your thoughts and energy are valuable. Instead of wasting time and energy with people locked into fear and anger, branch out and choose uplifting companionship.

# NOTICE YOUR FEELINGS

- ✓ **Be aware of rising stress levels.**

Notice when a train of thought or images or a conversation are causing tension or anxiety in your body.

- ✓ **Stop the disruptive process.**

When disruptive feelings arise, stop and take 3 slow, deep breaths (exhaling slowly). Push the "Reset" button in your mind by redirecting your attention to something you care about and appreciate.

- ✓ **Self-Soothe In Privacy.**

Your True Self is more powerful than any thought form. Gather your awareness and start talking yourself through emotional disruptions, just like you would soothe and encourage a frightened friend.

# FORTIFY GOOD FEELINGS



## NATURAL WONDERS

There is a Greater Power back of all things in this universe. Humanity's dramas are only a portion of what happens on earth. Pull back and consider the beauty and majesty of Life Itself, as revealed in nature. It will calm you and expand your awareness.



## KINDNESS & FRIENDSHIPS

Enjoy mutually supportive relationships by being the heart of kindness in your circles. Smile at strangers, even when they don't smile back. Relax into the concept of kindness as a core value, and enjoy being a genuinely kind person. Life will respond well to your kindness.

**FOCUS ON WHAT  
SUPPORTS YOUR  
PEACE AND JOY.**

WITHOUT APOLOGY.



**KARMA**

COACH