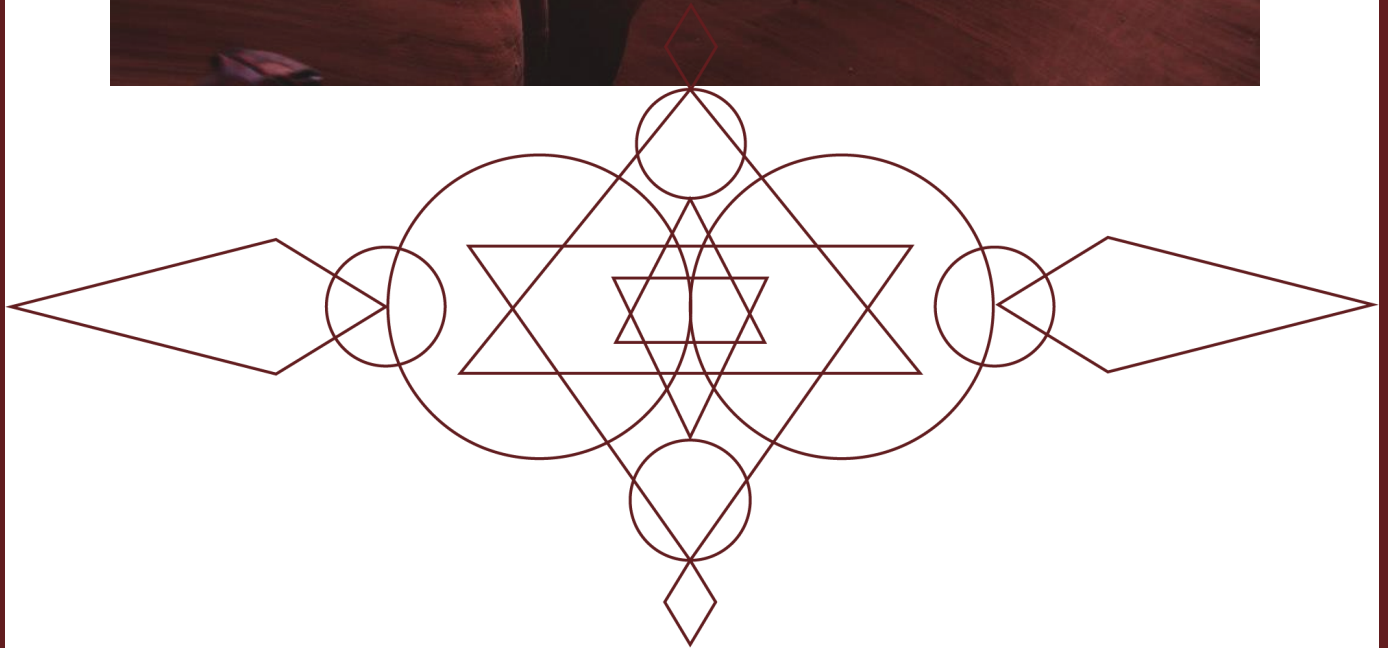


# Medicine for Your Spirit

Raelene Byrne



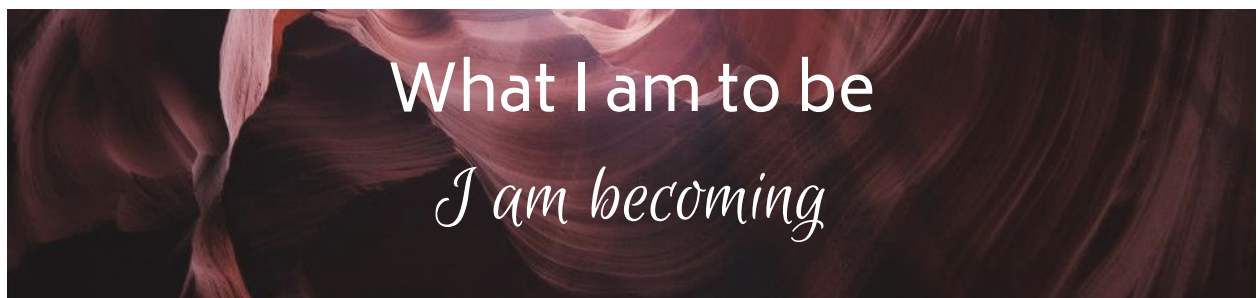
**SHIFTING YOUR FOCUS  
TOWARDS WHO YOU  
ARE BECOMING**

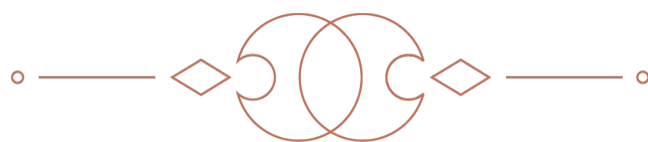
As we evolve faster than ever, as we awaken to more of who we are, as we are looking forwards to who we are becoming, we can be stopped in our tracks by some old patterns, old thoughts and old mental chatter.

- Who do I think I am?
- What do I really have to offer?
- How can I possibly have the life I am really here for
- What is the point?
- Who am I kidding?
- When will I ever get over my old life so I can start living the life I want?

When these questions arise, our mind will give us a gazillion reasons to stay exactly where we are, will keep us second guessing, doubting, playing small, hiding and at times, the feeling of giving up seems all that is available, then a wave of sadness, guilt, apathy, helplessness will arise to amplify our sense of 'lack of purpose or direction". Such is the way of our old world, old self, old life...it does not want to let go, rather keep us held prisoner to these thoughts losing more of our mojo, desires, energy, value and inspiration.

There are many things we can do to shift from this old pattern, some take lots of work, others can be simple. Me, I much prefer simple and effective every time!!!





# ACTIVATION

When you hear the old stories startup, and you know where they take you, downhill fast!!!.

The first thing you do is own this awareness of the old story!!!

Stand up. be steady and grounded, solid and strong.

You are about to stand up for YOU

Take a breath

Turn 90 degrees to the left and state out loud....

That is who I was!!

Then turn 180 degrees to the right and state out loud...

This is who I am becoming!!

At that moment, you have acknowledged the old you and all that went with it

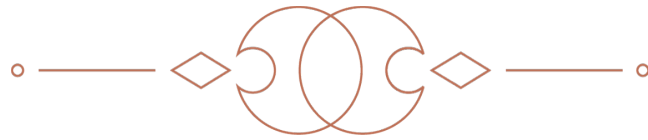
Chose to turn you back purposefully on the old, to face a new direction of who you are becoming.

This is the energetic choice and alignment of you moving forward with expansive awareness.

Take a breath

Say THANKYOU

*I am becoming more me every day*



The very next thing you think, say or do, needs to align with who you are becoming, so make sure it is positive, expansive, high caliber.

Then get on with your day

Anytime the old "noise" arises, practice this simple, mindful, effective and clear energetic technique.

You will feel fabulous.

