

Vision Quest Journal

Day 9 Letting Go of Negativity

What are your negative thoughts and beliefs that have held you back in life?

Get specific, write them down. How do these negative thoughts and beliefs make you feel?

I want you to really immerse yourself for a moment in the thoughts and notice your posturing, your feelings, your attitude.

How are these negative thoughts and beliefs keeping you from living the life you really want to live?

How are these negative thoughts and beliefs keeping you from following through with the vision you have for yourself and your life?

Are these negative thoughts and beliefs really worth losing sight of your vision?

Think back on the end of life and quickening ceremony. Are you going to allow these negative thoughts and beliefs to keep you from the vision or intention that your soul-self believes you are capable of in this life?

Think of these negative thoughts and beliefs as little bullies. EVERY TIME they come up from now on, tell them that you know what they are trying to do and you're not going to let them keep you from moving toward your goals. Initially we think they protect us from making a fool out of ourselves, or from falling flat on our face. But in reality they keep us from feeling the joy of putting ourselves out there and encouraging others to do the same.

Is there negativity in certain areas in your life that needs to be looked at more closely?

Are there habits or patterns that you have fallen into maybe based on the same negative thoughts and beliefs you were listing earlier?

Look at your work, your relationships.

Are there areas that immediately come to mind in which you know negativity rules?

Can you see how you've fallen into a habit of negativity when it comes to certain people or situations in your life?

What negativity can you vow to resolve here and now?

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Maybe you need to have a serious talk with a friend or partner. Maybe you need to own up to how you've allowed negativity and the habit of negativity to get in the way of your love or friendship.

What negativity can you decide is NOT going to hold you back in life anymore?

What disagreements can you resolve?

Who are you ready to forgive? Include yourself.

Our visions and intentions that our soul-self guides us toward mean nothing if we don't nurture and foster our relationships surrounding us in the process. What is the point of our vision or intention if we disregard or dishonor our key relationships along this journey of bringing these visions and intentions to light?

What stress and overwhelm can you let go of?

What can you take off your plate that is not serving you?

Don't let your ego convince you that you have to do x, y, and z to be worthy or to look good to others. THIS IS YOUR LIFE. What do you need to do so that stress and overwhelm don't keep rearing their ugly heads?

Allow these questions to ruminate in your mind today and let the answers come to you from your soul-self.

Daily Challenge: By the end of today, I want you to be able to notice when the negative thoughts, beliefs, stress and overwhelm start creeping up. There is a HUGE difference between these things coming up and sending you into the subsequent feelings of self-doubt, worthlessness, and inadequacy, AND the realization that these thoughts and beliefs CAN be let go of, they are NOT the REAL us. And guess what, THIS GIVES US BACK OUR POWER.

Yoga is all about learning to be razor sharp with our focus and attention. We become hyper-self-aware of how we are living and this includes what thoughts we are ALLOWING to play in our heads. Once we realize how much the negative thoughts and beliefs are not serving us and literally derailing us from our higher purpose we have no problem noticing them for what they are and telling them to hit the high road. If you don't use it you lose it. Take advantage of this by no longer "using" the negative thoughts and beliefs to create your life, so that eventually they drop out of your awareness.

This work must be at the forefront of our minds. Otherwise, we get knocked back into that same off-track that leads us to those negative feelings and outcomes, leaving us feeling lonely, dissatisfied, and searching to fill the void.

ACIM Workbook says: "an untrained mind can accomplish nothing."

Train your mind to recognize these negative thoughts and beliefs as soon as they come up, and stop them in their tracks.