Survival Guide for Change

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LIVING YOUR LIGHT COMMUNITY

A SURVIVAL Guide for Change
FIRST – Know that You can SURVIVE anything!
Please know - We are NEVER given experiences that we are not able to overcome!!!

Everything we experience is carefully designed for each of us to evolve and discover ourselves. Everything is perfect NO MATTER how it feels within - someday in the future you will become aware of why these things needed to happen to you. If that's hard to hear, then please just TRUST that things are getting better - even if you can't see it yet...

To survive these times we need to begin to care for ourselves as our priority first - kind of like on a plane - we must put our masks on first - so we can be grounded and then we can properly care for our loved ones. This process of **SELF LOVE** will help you get through anything!!!

If you are feeling a lot of fear, anxiety, confusion, anger, frustration, or any other emotion that does not feel good - its OK and very NORMAL right now!
Massive changes are occurring in our world and we feel like nothing makes sense and things are crumbling around us. What you feel is happening to everyone. It's true and it is OK.

Do not judge yourself or call yourself crazy or punish yourself for these feelings. Sit quietly by yourself with those feelings and express them - cry, punch a pillow, yell and scream into a pillow - anything you need to do to honor and respect those feelings within you. Let them come back so they can be released - you have been through A LOT over the last year.
Holding back these emotions or lying to yourself that they aren't good - helps no one - it just creates a bomb waiting to go off inside you...

FIRST STEPS - if you are triggered:
Triggered is a state of Fight/Flight/Fawn/Panic that is a protection mechanism that is built into us to protect us when we are overwhelmed or in a situation that feels like FEAR or ANXIETY or anything else that takes over our body so we react vs using reason to deal with a situation. In a triggered state we may do things to protect ourselves that we don't normally do.
When this state overcomes us - we need to recognize how it feels and take a second to breathe and be consciously aware that we are losing control of the energies in our bodies.
This happens when we are in true danger, but also happens when we feel things are out of our control - All suggestions below are not to be used until you are out of true danger first.

When you feel this beginning to happen - Here are some suggested tips that will help:

- **Stop everything and take a deep breath** - we tend to freeze when this happens and stop breathing - which only makes the trigger even stronger because we feel we can't breathe. Once the first deep breath is taken - this extra fear will fade and you can begin to take more breaths. You will find that some calm returns and the trigger will lessen.
- **Step back** from what caused the trigger. If it is a person - hold up your hand and step away as you give yourself space to feel everything that is happening. It is often better to NOT respond when those energies are present because it is often in defence and may make the situation worse.
- **Be the observer** of yourself as it is happening - imagine yourself watching your body having this experience - observe from outside your body - what is happening and start asking questions of why and how this is happening? When was the first time you felt this way? Was it this person or events that caused this or was it something from your past?
- **Ground yourself** - often as a response to a trigger - we try to flee from living in our bodies. We truly want to escape, and we are not connected to our bodies to feel what is going on. Breathing helps. Walk barefoot in the grass or dirt. Concentrate on our feet. Close your eyes and imagine a waterfall of pink loving light coming in the top of your head and flowing through your entire body and out the bottoms of

your feet - all the tension being absorbed and removed by the water. Sit down and feel yourself sink into your bum on the chair. Drink water with a pinch of sea salt in it. Take an Epsom salt bath or shower. Touch or massage your body - to pull yourself back into feeling.

- **Journal** - write about it afterwards and use it to help you process what you felt and begin to release some of what is causing the trigger.

Daily Self CARE:

- **Rest and relax often** - Its OK to take time for yourself - curl up in a ball and just hold yourself. Hold like a mother the parts of you that are afraid, angry, or feeling things that don't feel good. Tell that part of you that its OK. Listen to that part and let it speak. These are parts of you that may have never been listened to before. LOVE you to the best of your ability.
- **HUGS/Cuddles** - If you have children or a partner - get their permission to allow you to hold them or be held and just allow the relaxation that comes from contact with another in your body.
- **Drink LOTS of water** - water is a key to moving energies in our bodies - flushing toxins and releasing things that no longer serve. The more purified and filtered the water is will slow the introduction of additional toxins - chlorine, fluoride, etc - so use a Brita or other filter if you have one. When you pour the water - add a pinch of sea salt into the water before you pour, and it will add important energy conducting minerals into the water that will help a lot. Use especially if the water is distilled. Water with NO MINERALS will not conduct energy and is of no use in moving energies.
- **Eat foods you love or your body is craving with NO SELF Judgement** - trust that your body needs these things and is asking for them. An example - chocolate - some people lover chocolate, but judge that it is filled with sugar and is not good for them. Within Chocolate is a very beautiful ingredient called Cacao. This critical ingredient is very healthy for the heart and opens our heart and energy systems - something that is good for us. Sugars are also judged as bad, but in my experience, they are very good at blocking outside energies when we cannot defend ourselves energetically.
- **Baths and Showers** - these clean our skin and add moisture back into our bodies as well as help us feel clean and fresh. Have a shower or bath when you are not feeling yourself or not grounded to clear away energies that have collected in us. Use essential oils and things that light up your senses. Use Epsom salts to make the bath water more conducting of energies and ask the water to take away what no longer serves.
- **Get out in nature** - feel the sun on your face, grass/dirt under your bare feet if possible. Feel the wind and just listen.
- **Meditate and get quiet** with yourself for 10 minutes a day or longer.
- **Cell Salts** - These are small tablets of 12 minerals that can be taken under the tongue when you are feeling triggered or the energy is too strong. It enters the bloodstream quickly and helps to move energy. The type I use are made by a company called Hylands - Bio 12 or Bioplasma. I usually take about 6-8 and let them dissolve under my tongue for 5-10 mins.
- **Magnesium/Magnesium Sulphate** - these are minerals that can naturally calm you without medications. They come in capsule form - I usually take 2-4 over the course of a day. They will calm you and relax the tension in your body naturally. You can also get it in a powder form that can be mixed with warm water - it will bubble and fizz. It can be a quicker way to get it into the body. I also like to take CoQ10 along with it - it is good for the heart.
- **Crystals** - I love Selenite crystals to help remove energy that is no longer serving. You can hold a wand made of it - you can by soap shaped versions of it that you can hold onto or put next to your skin to draw out energies. Mix that with breathing and concentrated relaxing - you can move energy very quickly. I like to put it in my low back or behind my heart sometimes where it feels tight or painful and I find it helps a lot. Please note that Selenite is water soluble and will dissolve in water.
    - Other crystals like Rose Quartz, Shungite, Obsidian - can all be very useful to calm us when we are not feeling ourselves. Generally, if it makes you feel better to touch it - then use it.
    - Please note that crystals can absorb old energies over time and should be cleaned on a regular basis - I like to put them in a glass bowl - Grind some salt or Himalayan salt into the bowl and put purified water on top - then drop the crystals in without touching the water during the entire process. Then more salt on top. Let it sit for 30+ mins and then pour the

water out down the drain so the old energy can be washed away. Rinse them off before touching them. Letting them sit under a full moonlight can work as well or rinse them in a running stream.

- **Self Pleasure** - Making time for your self pleasure can be deeply grounding and helps release tension and energies that are stuck in your body. It will get you to a meditative state very quickly and releases a whole bunch of Anti-depressant hormones into your body in the exact right proportions. This can also extend to sharing sexuality with a willing partner.
- **Listen to music based on 432 H**z - our normal music is based on 440 Hz and is not the natural frequency that our body wants to feel calm. Search on the internet – YouTube or your music sources - apple music, google music, etc for 432 Hz frequencies and listen to them - see how it affects your body.
- **Use Ho 'Opono 'Pono** - it is a simple mantra to say when you don't know what to do or where to start: Recite it over and over again to show your body willingness to forgive, release and move forward. You don't need to think anything or do anything - just recite it whenever things are not working out or if you feel despair.
    - I'm Sorry
    - I Love you
    - Please forgive me
    - Thank you
- **Talk to others** - share your experience and your feelings with others so you can begin to express the blocked energy and begin to heal. This is something that is perfect to do in joining an online support community, physical community activities and opening to conversations with people – We are building just such a Community – called Living Your Light!
- **Ask for help** - we weren't meant to do these things alone - but often our very trigger or trauma prevents us from asking because we feel not worthy or have had to do everything ourselves in the past. The Living your Light Community that Paul has created has a website where you can connect with Awakened Wayshower/Healers that can work with you to get through anything that is happening in your life. The website is https://livingyourlight.net/help .
- **Find a therapist** or talk with someone who will listen.

Please know there is nothing bad or broken about you that has made this happen - this is a process that the whole world is going through right now. It is normal to feel something is wrong or broken or crazy in the world. Know that we cannot reach out and fix what is going on right now - all we can do is deal with our internal world first and begin to get OK with ourselves and our reactions first. Once we can begin to "innerstand" what we are feeling and why - we become able to better cope with what is happening outside. These are the first gentle steps of SELF LOVE in these turbulent times.

Simply reading this and going back to practice these things on a regular basis will assist you greatly over the coming months and years of change.

Loving you all! You can do this!

- Paul Hanrieder

Please Feel free to send this guide to anyone who may be in crisis – the intention of the Living Your Light Community is to give free access to information and connect you to people in a like minded community to assist you through anything in your Awakening/Ascension process. We have been divided for too long and it is time to create new high vibrational/Conscious communities to help us have a safe container to rapidly work through our limiting beliefs, trauma and discomforts to live a life of light, happiness, self love and fun.
We welcome you to join our community – the link to the FB group is above or:
https://www.facebook.com/groups/livingyourlightcommunity