

My Love  
Transforms  
... ME



# Self Resistance

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**REGRET** – What I didn't do, I should have

**GUILT** – What I did do, I shouldn't have

**FAILURE** – What I tried to do, but couldn't

**WEAKNESS** – What I want to do, but haven't

# Scale of Emotions

Esther Hicks – *Ask & It is Given*

Joy/Knowledge/Empowerment

Freedom/Love/Appreciation

Passion

Enthusiasm

Eagerness

Happiness

Positive Expectation

Optimism

Hopefulness

Content

Boredom

Pessimism

Frustration/Irritation

Impatience/Overwhelm

Disappointment

Doubt

Worry

Blame

Discouragement

Anger

Revenge

Hatred/Rage

Jealousy

Insecurity/Guilt

Unworthiness

Fear/Grief/Depression

Despair

Powerlessness

**We know that all things  
work together for good  
for those who love God.**

**Rom. 8.28**

**Everyone who loves  
is born of God  
and knows God.**

**1 John 4.7**

# **FREEZE FRAME**

Doc Childre – Heartmath Institute

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- 1. Freeze Frame the resistance**
- 2. Breathe thru the heart**
- 3. Recall a feeling of appreciation**
- 4. Ask heart for more efficient response**
- 5. Listen to your heart**

# Feeling “Not Enough?”

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1. Freeze Frame the resistance
2. Breathe thru the heart
3. Recall a feeling of appreciation

**When you are centered in your heart, all the Laws of Cause and Effect are operating to bring you love and wisdom in support of your life. The Law of Love is transforming: it uplifts your experiences, bringing forth fulfillment and meaning into your life.**

**David McArthur – *The Intelligent Heart***



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