

Lesson 2: Common Ways Negativity Creeps In

Negative energy can be quite sneaky. It can creep into your life in very small and surprising ways. Take a look at the list below and see if anything may jump out at you or surprise you.



Top Ways Negativity Walks Through Your Door

1. Ignoring things that bother you, scare you or just make you feel uncomfortable. Pay attention!
2. Watching depressing, sad or scary TV shows and movies. Anything that is not uplifting carries negative energy.
3. Listening to sad, scary or depressing music. Any music that does not have a positive feel to it carries negative energy.



4. A messy house or office. Keep your home and work environment clean. Negativity attaches to clutter. Don't give it a spot to cling to.

5. Keeping negative people around you. Energy suckers suck the positivity right out of you. Have you ever heard this saying? "Birds of a feather flock together!" Be mindful of who you allow into your life and who you allow to stay in your life. Believe someone when they show you who they are the first time!

6. Not putting your-self first.

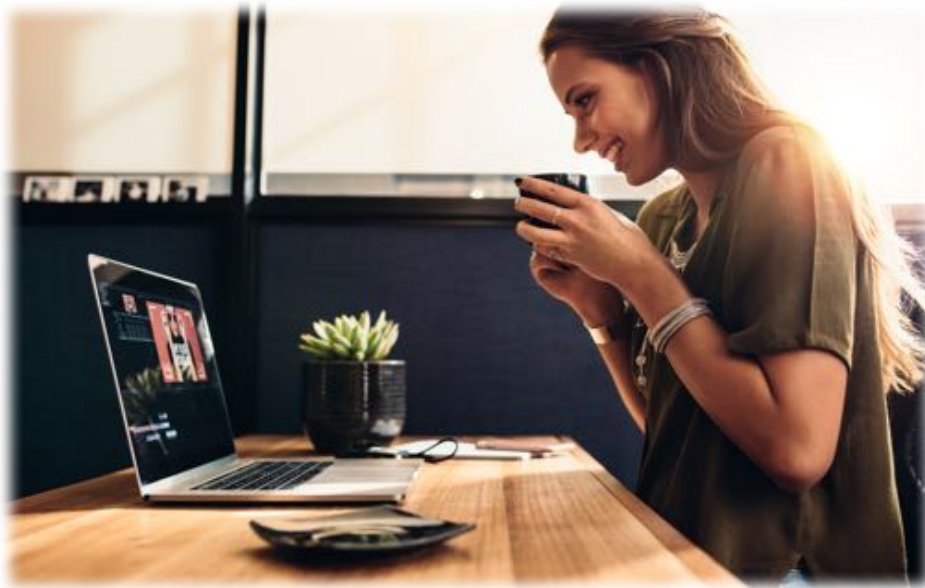
7. Eating unhealthy food.

8. Not being able to say no.

9. Fear. Negative energy loves fear.

10. Not trusting your gut! Always trust yourself! If something instantly makes you feel depleted, it is most likely something with a lower vibration.

Pay attention and do not entertain anything that is negative. Notice what is playing on your television, computer, phone, radio, etc. Believe it or not television shows, movies, music, chatrooms, etc. all carry a vibration. Is it high, positive and loving or is it low and dark? Only allow/watch things with a positive vibration.



Journal Exercise:

1. I would like you now to pick up a pen and piece of paper or grab a journal to write in.
2. Make 2 different categories that should be titled **Happy & Unhappy**.
3. Take some time and start thinking about everything in your life. When you think of a person, object, location or event think of the very first thought that comes to your mind.

Is it happy or unhappy? Don't allow yourself to think about it for very long and start to excuse and explain things away. **Your very first reaction is the true energy.**

4. Write each thing down into the category that first comes to you.

5. Once you are done take a look at the unhappy section. That is where all of the negative energy is focused in your life. All of it needs to go!

6. Also, take some time to look at the Happy section. This is the area that brings positivity into your life.

By the end of this class you will know how to make the Happy section long and the Unhappy section be non-existent.

Keep this list handy. We will work with it some more later on in this class.



Now that you have learned some common ways that negativity creeps in let's move on to our next lesson in dealing with how important our thoughts are when it comes to negativity.

