

## **WINNING AT LOSING**

Everybody wants to be a winner and we are taught we have to be a winner in order to be loved and accepted and celebrated. When we “fail” we are told to move on and not dwell on it or deny the bad feelings that come with it. When we refuse to look at our failures we are doomed to repeat them and get sick. Understanding why “losing” is a very important part of maturing and how it allows us to reflect so we can evolve spiritually is the gift of “losing.” We win at “losing” when we realize the valuable lessons that when learned teach us to be our greatest most brilliant selves. When you can derive the wisdom from a loss you can then go on to inspire others not to give up or be overcome with negativity and hate.

### **FEEL THE FEELINGS**

Feelings will not kill us... Feelings are the way we release the shock... that's stuck. Feeling and crying is the gift we have to process shock and uncomfortable feelings in our body. Give yourself permission to have catharsis as often as you need them in a safe environment. After you allow yourself to feel the unpleasantness, then reward yourself for the courage it took to feel your feelings. Majority of humanity does not have the courage to do that. If you can do that it will make you an extraordinary human being capable of taking more risks.

### **RISKS ARE NECESSARY FOR OUR EMOTIONAL AND SOUL'S GROWTH**

The greatest risk in life is to risk nothing. When you risk nothing you become nothing. Chained by your certitude, you are a slave. Only those who risk can become be free.

### **AVOID TAKING THINGS PERSONAL**

Majority of the time it's not your fault or it has nothing to do with you. If you are a highly sensitive person you can close down your chakras to take in less sensation.

### **HEART BREAK**

When a loved one rejects us or is no longer in our life. We store painful feelings in our hearts and try not feel anymore. Resisting anything only creates more of it. When we do not give permission to feel our loss we can get a heart attack or injure our heart.

## **REJECTION**

Rejection is all about it being a mirror of your self-rejection... When you accept yourself no one can reject you. They can only say “No” to your ideas and contribution at this time.

## **SHAME**

When we judge ourselves as broken or wrong we feel shame. Shame is only real when we judge ourselves. It's a heavy feeling that lives inside of us until we forgive ourselves for that judgement and we free ourselves from it.

## **BITTERNESS**

When we have experienced so much rejection we begin to believe nothing great is going to happen to us and we close down ourselves which then ensures nothing great can happen. We must release the bitterness so we can experience the sweetness of life again.

“Don't get bitter get better” - learn more skills, take more classes do more outran and networking. Get better at what you are aspiring to do.

## **WORRY**

If you are depressed you are living in the past. If you are worried you are living in the future. If you live in the present there is no pain or suffering only opportunity to choose love.

“Para que te preocupas. Si puedes hacer algo lo vas hacer, si no, entendías para que te preocupas...”

## **GRIEF**

When we don't allow ourselves to mourn our grief can get stuck in our lungs and cause us diseases and an inability to breathe. Grieving our loss is very important to moving forward.

## **JUDGEMENT**

Majority of the times when we are not experiencing love and joy is because of the judgments we made against ourselves and others that keep us disconnected to ourselves, others and the divine. If you look at every situation that causes you pain and suffering you will see that there are many false interpretations of reality

and judgements. When we can forgive ourselves for all those judgements we can let go of the pain. The hooks to the past are the judgements. We can let it go when we can let go of the judgement and the need to be right about how wrong and others are.

## **TIPS ON HOW TO STAY RESILIENT**

### **ATTITUDE OF GRATITUDE**

Write a list of 100 things you are grateful for in your life: Don't take anything for granted. - Be grateful for your body and that all your senses work. That you can walk that you have hair or whatever you take for granted. In acknowledging what you do have you raise your frequency and you realize that have already won.

You were born a winner because 1 million sperm competed to be you and the winning sperm created you.

### **BEING OF SERVICE**

When we get rejected or have a disappointment - we shut down. Being of service gets you back in the flow. When we can expand our hearts to help others we can overcome that which pains us.

When your dreams aren't coming true help other people make their dreams come true... eventually the universe has to reward you for this effort and helps makes your dreams come true...

### **FOCUS ON LOVE & CHOICE & POSSIBILITY**

Every single second we can only focus on love or fear. Fear is a reaction and love is the only choice. The more we are aware in the present that everything is a choice the faster we can manifest and get the life we want.

### **YOU ARE THE AUTHOR OF YOUR DESTINY**

See yourself as the protagonist of your story. You are not a victim of it. If you see yourself as a victim you will always be reacting to life. To get you to a higher frequency you must start asking questions as though you have full control of life and then life responds to you that way.

Instead of asking, “Why me?” Ask, “Why did I choose this experience? Why would I want to have this painful experience? What did my soul want to learn from this?” We do not learn from pleasant experiences usually, we are forced to experience bad things to choose more love or loving people in our life.

If you had a parent that was unpleasant ask “What did I want this parent to teach me?”

When we do not get picked for something, ask, “What is coming my way that is better for me?”

When someone won’t go out with you, ask, “Who is coming my way who will be better suited for me?”

When opportunity isn’t coming your way, ask, “What opportunity can I create to create more opportunities for myself and others?”

The universe always responds to our questions by giving us answers through signs, people, songs, etc.

## **BLESS YOUR MESS**

How is your problem a blessing? Find all the ways your problem or pain is a blessing and then it can liberate you.

## **LAUGH AT HOW RIDICULOUS LIFE REALLY IS**

Life is ridiculous. We are expected to live outlives for others and there are exaggerated expectations as far as who we need to be. We are given contradictory messages all the time. This distance and duality is a joke.

The more you laugh the more freedom you have. Laughter YOGA - make yourself laugh through exercises and it will be contagious and it will feel great. The more you laugh the more you raise your frequency and immune system... Do stand up and make fun of yourself. The more you can laugh at anything painful in your past the more freedom you have to be your authentic you.

## **FAIL FORWARD**

“There is no failure only feedback.” Failure only happens when you stop trying and give up. Failure is the inability to see the lesson. If something happens to you three times ask, “What is the lesson I refuse to learn? I would like to know it now so I don’t have to experience this again?”

If you keep running into the same “jerks” more than three times, ask, “What judgement do I have against myself that I am not aware of that keeps creating this situation?”

## **DECLARE YOURSELF A WINNER**

No one can deem you worthy, or lovable or an artist or a winner. Only you can declare yourself a winner. Dignity is knowing that only you have the power and permission to allow things, ideas, energies, and concepts into your reality. You get to decide what makes you a winner. You can declare yourself a winner because you won't give up on your dreams.

## **WAYS TO HEAL YOURSELF ON YOUR OWN**

### **WRITING YOUR THOUGHTS CAN HEAL YOU**

Keep a journal. So you can give a voice to your unconscious mind. There are messages that you have refused to hear because you were coming from shame. Give yourself permission to hear them. If voices are negative and self-destructive say “Thank you for sharing, but if it's not for my highest good, I no longer wish to hear them.”

### **MOVE YOUR BODY HONORING YOUR PAIN**

Allow your body to move and dance to express your sorrow and pain and do it barefoot so you can shake off the bad feelings and ground them.

### **SING YOUR HEART OUT**

Singing raises your frequency and connects you to your dive self.

### **PAINT YOUR FEELINGS**

By taking colors and putting them on a canvas you release your negative feelings and leave them there.

### **HOW TO COMPLETE THE PAST WITH THOSE WHO HAVE DIED OR MOVED OUT OF YOUR LIFE**

We are here to celebrate our lives as often as we can because life is so precious.

When we incarnate only 40% of our soul incarnates in a body and the rest stays on the other side. Everyone we love and are close to are already on the other side because they are part of our soul group, we are a theater company of souls playing different roles for each other.

Only love is real everything else is an illusion... people die when they have completed their soul lessons and must go home to continue their soul's journey.

We all have Exit Points in our timeline so if we are done with our lessons .

Honor people with scholarships, writing poems, writing monologues. Writing their obituary or writing them a letter to complete with them by saying everything that you didn't get to say to them. You can also admit the regret and forgive yourself for any regrets.

## **DEPRESSION AND SUICIDAL THOUGHTS**

Unrepressed anger causes depression. Psychiatrist would say it's a chemical imbalance. I would say it's that and much more.

We may have "Death wishes" and not know it.

## **EXERCISE: REMOVING DEATH WISHES**

Imagine a computer screen in front of you and a keyboard. Ask Archangel Michael to show you all of your "Death Wishes" - a picture will appear. If there are more than one picture. Then

## **ANGELS - YOUR DIVINE TEAM**

You have come to earth to win and spread love and joy and be brilliant. That is the destiny of everyone if you accept that on this journey you can not do it alone and you must give up your pride to think you have to do it alone. You are not alone. You have so many people conspiring for your greatness.

## **ALWAYS ASK FOR ASSISTANCE**

You are not alone. Ask your Divine team for assistance. They must be asked. "I request a most benevolent outcome with me getting a writing job, getting the relationship of my dreams, getting all the money necessary to have all of my bills paid, etc".

## **REMOVING EXCESS EMOTION**

We are not able to stand in our power because we are often triggered to our past traumas. By removing excess emotions connected to our traumas we can avoid being triggered.

### WAYS TO REMOVE EXCESS EMOTION & NEGATIVITY:

Take baths with a cup of epsom salt for at least 30 minutes as often as possible

Drain excess emotions from the pictures of your memories with the assistance of Archangel Michael.

### **DRAINING BITTERNESS OUT OF YOU**

ArchAngel Michael please drain all bitterness connected to pain, suffering, trauma and loss of opportunity from my body, mind, heart, and spirit and clear and release it out of all of my chakras and ground this energy. Now please fill me up with gold light from the tips of my toes to the top of my head until it spills out of my head. Thank you.

### **DRAINING TRAUMA, PAIN & SUFFERING CONNECTED TO HEARTBREAK**

ArchAngel Michael please drain all pain, suffering, trauma connected to heartbreak from my body, mind, heart, and spirit and clear and release it out of all of my chakras and ground this energy. Now please fill me up with gold light from the tips of my toes to the top of my head until it spills out of my head. Thank you.

### **DRAINING ALL SHAME CONNECTED TO BEING REJECTED**

ArchAngel Michael please drain all pain, suffering, trauma connected to shame from being rejected from my body, mind, heart, and spirit and clear and release it out of all of my chakras and ground this energy. Now please fill me up with gold light from the tips of my toes to the top of my head until it spills out of my head. Thank you.

### **DRAINING ALL ANGER CONNECTED TO BEING REJECTED**

ArchAngel Michael please drain all anger, pain, suffering, trauma connected to being rejected from my body, mind, heart, and spirit and clear and release it out of all of my chakras and ground this energy. Now please fill me up with gold light from the tips of my toes to the top of my head until it spills out of my head. Thank you.

**DRAINING ALL HEARTBREAK CONNECTED TO BETRAYAL**

ArchAngel Michael please drain all pain, suffering, trauma connected to betrayal by a loved one from my body, mind, heart, and spirit and clear and release it out of all of my chakras and ground this energy. Now please fill me up with gold light from the tips of my toes to the top of my head until it spills out of my head. Thank you.

**DRAINING HEAR-BREAK FROM THE LOSS OF A LOVED ONE**

ArchAngel Michael please drain all pain, suffering, trauma connected to the loss of a loved one from my body, mind, heart, and spirit and clear and release it out of all of my chakras and ground this energy. Now please fill me up with gold light from the tips of my toes to the top of my head until it spills out of my head. Thank you.

**DRAINING ALL PAIN, SUFFERING AND TRAUMA THAT KEEPS YOU FROM LIVING IN THE PRESENT AND LIVING IN JOY**

ArchAngel Michael please drain all pain, suffering, trauma that keeps me from being present to joy and love - please remove it from my body, mind, heart, and spirit and clear ad release it out of all of my chakras and ground this energy. Now please fill me up with gold light from the tips of my toes to the top of my head until it spills out of my head. Thank you.