



Strong from Within

Transformation Forum with Ann Strong

Module 8 Awareness Assignment – Inside Out

Day 9

What Can I Do?

When we become aware that regurgitated thinking tends to mask our innate well-being, we want get rid of it. Or fix it.

We ask, “What can I *do*?”

Counter-intuitively the most effective thing to do is to do nothing.

When we quit trying to control our thoughts, our innate well-being naturally flushes our system. Without our interference, it regulates with less thoughts and more inspired thoughts.

When we don’t take regurgitated thinking seriously or act on it, we come full-circle to where we’ve always been. In our natural well-being.

Have you noticed how the happiest, most peaceful people you know don’t have drama in their lives? When they have challenges or upsets, they don’t compound them with drama-creating regurgitated thinking.

What can you do? Allow your perfect operating system, innate well-being, to do the heavy lifting. If you can’t stand to do nothing, then relax and enjoy yourself for awhile while your system recalibrates.

To trusting our innate well-being . . .

Questions?

Answers:

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