

Writing New Stories

I Have Had a Story



Identify the story line, i.e.

- "no one cares."
- something is wrong with me.
- I am always rejected
- nothing works out for me
- men abandon me
- i cannot trust anyone

Recognize that it is YOUR story. I own this story!

Because it is your story, and you own it, you are the one who can keep it or let it go.

So, ask yourself,

Do you want to keep it? *Do I want more of the experience?*

No....

(You could use the Discretion Process in which you let yourself feel what the story engenders.... be the helium balloon, etc.)

or, use the shorter version. I Have Had a Story

Imagine you are in front of the great energy field that is LIFE.

- *Life, I realize that I have had a story that no one cares. Because I have had that as my story, you have not been able to bring me the incredible experiences of caring, recognition, and love.*

I am letting go of that story and creating a new one for us.

Such as:

- *Life is full of caring, delightful people. I know that you are overflowing with these kind of opportunities and I am grateful to be playing with you in new ways.*

In your imagination, feel Life reaching out to you and fill yourself with the energy of the new possibilities.

You may want to breathe and see if there is another story that pops up. Better to do as many as possible at one time rather than stretching them out.

Next steps:

- Write a Reality Statement.
- Take it through the Reality Shift process
- Do a Brain Balance process
- Use the 3-6-9 process
- The weed and seed is a possibility.

TAG Processes:

<https://www.restored2yoursoul.com/tag-processes.html>

