

Title:

9 Secrets For Stress-Free Living

Word Count:

1343

Summary:

In this featured article we'll teach you how to emotionally de-clutter your life and magnetica

Keywords:

stress,relief,emotion

Article Body:

1) Accept the problem

You have to be at peace with a problem, WHILST it is in existence, for the solution to come to

2) You cannot attract to you, that to which you are not already connected

So be an appreciator. One of the fastest ways to attract what you want towards you is learning

3) Happiness is not pleasure

The experience of pleasure is a right now, in-the-moment, sensory-rich, and sights, sounds, an

4) Stay connected to source

Find your own personal way to stay connected to your higher consciousness (the feeling you). F

5) Live in the moment

We only have access to our full personal power in the present moment. This is practicing the a

6) You can never be enough to

You can never be sorry enough to change this problem situation. It is only when you love yours

7) Be selfish enough to line up with your intentions

This is important because it is only in your thriving that you have anything to offer others.

8) You are not your accomplishments

Understand that you are not your accomplishments, what you do, what you don't do, your beliefs

9) The journey is the destination

Many times our internal dialogue says ^If only I had x, then I would be happy, or, ^I'll be ha

Bringing it all together

So how do we overcome the various stress blocks to pull greater peace and abundance towards us

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