

28th January 2009

Crisis Shmisis: 10 things you can do that will help you to sail through the current “economic crisis”

1. First, STOP watching the news! STOP IT STOP IT STOP IT! I can't emphasize that enough! Even 5 minutes a day of this “bad news” is enough to get your mind thinking about, focusing on and buying into the “crisis” and acting accordingly.

Did you know that we create our own reality? That means that if we all start believing in, being afraid of and buying into the crisis then indeed a crisis is what we will have! On a very simple level this could work like this: we stop buying and spending, there is therefore less cash flow, then others in turn stop buying and spending and then there is a crisis! I believe this is how it works on a very basic level.

Did you know we are FREE to not take part in “the crisis”? Did you know that it is not your moral obligation to keep everyone else company in “the crisis”? Did you know that you can DECIDE AND CHOOSE not to be affected and that then this will be so? It only takes some focus and some maybe work and planning and yes, perhaps things may seem to be a little more difficult than usual at times and on certain levels (because after all, $\frac{3}{4}$ at least, of the population is taking part in “the crisis” and so that is bound to have some effect...) but this situation doesn't have to become YOUR REALITY too... Just like choosing what foods you eat, what clothes you wear, what hairstyle you want, where you like to go out, so too you can choose what reality you will live on all levels.

If there are blocks in the way to your happiness, realize that these blocks were always there; “the crisis” is just bringing them more to the forefront and IT IS TIME TO HEAL. Have you ever thought that all the companies who are going bankrupt etc are companies that weren't being run well, which weren't “up to date” with current reality and current demands, which were no longer fulfilling a useful role in society? Have you ever thought that in fact THEY NEEDED to close down (at least in their current form) so that NEW THINGS and NEW MODELS and NEW COMPANIES could rise in their place? Have you ever heard the expression “out with the old, in with the new?” Because this is indeed how reality works. ROOM needs to be made for the new before it can come into effect. So in essence, one could say that this “crisis” reality is actually a very positive thing. If it doesn't look positive from where YOU are standing then maybe it is time to look at YOU and YOUR LIFE and see where you need to make changes so that you too can become aware of how amazing and how perfect indeed this whole time and YOU YOURSELF are.

I have clients who are coming to see me during this time who are living the most joyful, prosperous, FRESH AND NEW, amazing and magical period of their lives! I received the following email today from one of them:

“Good Afternoon Dear Xenia!

Where should I start? ... A huge torrent is flowing out of and from inside me...

I feel like I love myself very much, really too much...

I refuse to feel guilty in regards to my boyfriend for the support he has provided me with as I am

realizing more and more that I have supported him just as much if not more over the last 5.5 years. I remind myself of this so that I can relax and start to enjoy the independence that I think I always had but was probably choking all these years.

I have started in a very relaxed fashion a second job* which I plan in the future to make my main job. I love it!!

*(This job has to do with people and with putting myself on show, something I have been avoiding like hell, especially these last few years and something that I thought was completely outside my limitations)

I feel in love with everything around me...

I enjoy the beautiful moments I have. I let them come.

In my dance I believe I have started to be free... This is a huge change.

My daughter sees me smiling, being full of energy, we are laughing together more and I am more open with her... I trust her more, maybe because she too is showing me that she trusts me more than ever.

I feel like I am letting myself LIVE in the now, that I can do anything, that I can make my dreams come true. I may not know exactly how yet, but I feel that I can...

That was all last night's thoughts...

Today things happened... steps...

So that I don't tire you out I will send you another email tomorrow.

Thanks for your attention.

If you feel that there is something that I am not doing right I would appreciate it a lot if you could tell me...

Kisses xxx Anna"

This is only one email and it is very beautiful and inspiring and positive and very indicative of what can be achieved when you LET GO and HEAL and start being more in touch with yourself and I have many other people who I am working with at this time who are seeing their own brilliant and amazing positive results.

So apart from getting in touch with me and doing some work on yourself which we will get to later, what else can you do in order to breeze through this phase with ease?

2. This is a great time to SIMPLIFY your life... Get rid of anything and everything that no longer works for you... clothing, furniture, relationships, email newsletters, anything and everything you feel is a waste of your time – now is the time to be decisive! It is ok to hang on to things you are not sure about yet – until you can make up your mind what to do with them - but DO get rid of the stuff that you can that you know is no longer “you”.

If you work for yourself, use any extra free time you may have to do this.

3.. Use the extra free time you may have to start all the things you have been meaning to do for a long time but haven't gotten around to yet. This does not need to be an expensive endeavor. If for example you always wanted to paint, start painting alone even if you can't afford to go to classes

yet. And look around for affordable classes, the local council often hosts such affordable workshops and classes you can go to and take... Be creative! Write, dance, sing, express yourself! These things ALWAYS help with flow and money shortages are only about lack of flow...

4. If you work for yourself use this perhaps quieter period to re-organize your business and re-look at how you are doing things. Find ideas that will help your company or business run more easily and smoothly and bring you in extra income. Find new ways of advertising or getting your product out there or put into practice all the ideas you already have regarding this aspect of your work but haven't yet had time to do. Sit down with a piece of paper and make lists of all the ideas you have and all the actions you need to take. Don't be overwhelmed! Just doing a little on this list each day is perfect! Tick things off and clear things up as you do them...

5. Use this time to brush up on your skills... Is there a course you have been meaning to do? What can you do to be PERSONALLY more satisfied with your work output and what can you do which would help your CLIENT base or business? This works even if you are working for someone else. Someone who is INTERESTED in his or her job and shows this and is always growing and moving within his or her job is not someone who is going to be fired unless it becomes completely necessary. By which time you will be ready to move on to something bigger and better anyway.

6. As much as possible DON'T WORRY, as this will block you even more (so really, I mean it, NO WATCHING TV NEWS or READING THE NEWSPAPERS OK?) (If you really feel you must "keep informed" find a source of good news somewhere and remember, even if you do totally keep away from these two sources of "news" it's not like you are not going to know what is going on, you will know anyway, there are too many people around who will let you know, life itself will let you know, you WILL have all the information you need, you just won't be bombarded with negativity and fear constantly if you CHOOSE not to... and this will only be good for you. Negativity and fear CREATE more negativity and fear. Stay away from these things! You don't need them!

7. Remember, it doesn't matter if a million people are saying the same thing, that doesn't make it right! You CAN choose to create and live in your own positive happy and joyful reality; it is CHOICE you can make and a COMMITMENT to yourself to make it. You don't need to know HOW this is going to happen yet; you just need to DECIDE AND CHOOSE and then do everything within your own power (without wearing yourself out) to make it so. YOU CAN DO IT, we are MADE to MAKE IT! YES! We ARE stars! (And it is not even a matter of being stars; it is completely normal to be able to do it... Let's not forget this, or rather, let's not forget to REMEMBER this, as we already know this truth...)

8. Get help! The New Teachers are here to help. People such as myself would love to help you use this time creatively and with meaning, to build a firm firm foundation of self-love, self-belief, self-confidence, grounded-ness, calmness, strength and peace from which to work. YOU CAN'T LOSE with these things on your side so if you can't seem to get there on your own please ASK FOR AND BE OPEN TO RECEIVING HELP! It could take many shapes or forms; it could be a person, a book, a teacher, this article or all of the above and more!

9. Finally, know that this whole thing is not going to last forever, this is a phase we are all going through because some things need to change... If you can "BE THE CHANGE" as they say (whatever that means to you) then your part is done. You are already out of the phase and free. So

keep flowing and free... Walk, talk, write, dance, sing, play, express yourself!

10. GET IN TOUCH WITH YOURSELF. LOVE YOURSELF. Use any of the above ways and/or all ways you can think of to do this. I can help you with this. In reality, there is nothing more important, nothing more interesting than YOU SWEET YOU... STOP FOR A SECOND, isn't it time to catch up with you?

YOU ARE WAY MORE INTERESTING AND AMAZING THAN YOU CURRENTLY REALIZE.

With all my love,

Xenia

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