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The logo for Anji inc. features the name 'Anji inc.' in a stylized, dark blue font. The 'A' is particularly large and has a decorative flourish. The background of the logo area is a light blue gradient with a white sun-like circle and rays.

Take Charge of Your Health

## A Place of Peace

Articles, tips, and techniques to discover how to create emotional and physical peace

December 2005

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**Dear Jennifer,**

This may surprise you, since my business is helping people learn to guide their thoughts and feelings into a place of peace, but one of my biggest hang ups comes when I find myself at the bottom of a huge downward spiral.

Okay, I'm here... Now what? No peace here - at ALL!

When I am in that place I want to throw all my tips and techniques out the window because &#x26; they didn't head this off!

But, with time (and practice), I have learned which formula and which techniques really help to pull me up and out. The biggest lesson I have learned, as counterintuitive as it may seem, is to let these times happen. The harder I push against them, the longer they last.

But, when I let them happen and ever so gently pull myself up and out, I am so much farther ahead that I could even imagine. And, in less time than if I kept pushing - or beating myself up for being there in the first place.

I invite you to read through my formula - and I would love to know what you think or how it works for you.

Have a great month!

Warmly,

Even the most mild-mannered of us have days when we want to spray paint over happy face buttons and strangle the next person who comes close to suggesting that there is always a silver lining.

Even those of us who are completely dedicated to doing WHATEVER it takes to reach our goals have days when all feels hopeless and it seems as if our ability to achieve these goals is rapidly spinning out of control.

While being on track and on target certainly feels better, these kinds of days are going to happen to each of us. The real trick is not to let those days turn into weeks or months; or, even worse, to let those days deceive you into believing that your goals are unachievable.

### **1. Allow yourself to acknowledge your feelings**

As much as I would like to tell you differently, ignoring how you are feeling only gets you into more trouble! The sooner that you learn to recognize that you are starting to get out of synch, the easier it is to pull out of a downward spiral. Continuing to push forward anyway just means that you will be falling much faster and harder when the bottom drops out.

### **2. Take a Day Off**

When you have 'lost ground' feeling bad or unmotivated, the last thing you think you have time for is to take a day off from activities that will lead you to your goal. BUT, how effective can you really be when you 'gut it out' day after day after day after day? How much more could you get done if you gave yourself a small break? Instead of pushing harder, consciously take a step back. I promise that it isn't the beginning of the end – it is only a pause.

Even if you literally can't take a full day off, consciously give yourself permission to step back from your goals. Allow yourself some breathing space.

### **3. Get it OUT**

Acknowledging your feelings is one thing – but how does that really help? Once you have some breathing room, allow yourself to work on letting go.

Angry at someone or a situation? Write an angry letter that doesn't get mailed. Frustrated at yourself? Write it all out. Now read it as if you had written it to describe your best friend's behavior – how does that change your view?

Can't put words to it? Rent a movie that will make you belly laugh or sob the whole way through – that will release a lot of stuck energy.

#### 4. **Shoot for neutral**

Once it's all out, allow your goal to be to come back to neutral. Sure, joy and optimism is where you eventually want to end up, but for now, allow yourself the gift of accepting neutral. After all, this is a long way from angry, sad, and frustrated ~ and much more attainable.

#### 5. **Recommit to TODAY**

Now that it's all out and you are in a better place, re- commit to whatever part of your goal that you can accomplish today. Long term planning has its place. But, for right now, focus on this moment and this moment only. Then celebrate as you meet each accomplishment.

The way to meet any goal is to create conscious choices and actions. This formula is the same for times when you aren't meeting your goals. Too many of us slip into beating ourselves up when we move away from goal-achieving behaviors. This sets up unconscious resistance. The harder you push, the more resistance there is, and the farther you get from your goals ~ even though you feel like you are working twice as hard.

By making a conscious decision to put yourself through these steps the next time you feel like giving up, you will give yourself just the space you need to make a quantum leap ahead towards meeting your goals – and you won't have to re-invest in new happy face buttons or mend relationships either!

[Click here to see how this applies to fertility and pregnancy after infertility](#)

#### *Meditation Tip*

When you are in the place of feeling like nothing is working - how do you begin to let those feelings go? Here is a meditation for beginning the process of letting go.

Close your eyes and take 3 deep breaths. At this time, there is nothing more important for you to do but to focus on your breathing.

Gently, allow your breath to reach deeper and deeper within you. As you breathe, imagine that your breath is able to find all of the negative feelings that you have right now. As you breathe in, your breath wraps itself around each of these thoughts or feelings with a silvery balloon. You can either direct your breath to specific thoughts and feelings, or you can just let your breath do the work without any need to focus on what they are.

When your breath has contained as many of these thoughts and feelings as possible for right now, in your mind's eye, imagine that you have a large zipper that runs from the top of your head all the way down to the tips of your toes.

When you are ready, imagine that you can safely unzip this zipper. Take several deep breaths in and blow out forcefully. With each breath out, see these silvery covered

thoughts and emotions being released.

Take as many breaths as you need to allow each silvery ball to spill out. Then, when you are ready, watch yourself as you zip your zipper back up.

You still have everything you need to move forward with your plans and goals, but have released all of the charged emotions and thoughts - allowing you to find a space of peace and giving you space to move forward.

Take 3 more deep breaths. When you are ready, open your eyes. <\p>

[Click here to add specifics for fertility and pregnancy after infertility](#)

*Coming next month....*

Letting go of emotionally charged feelings and thoughts can be really tricky. EFT (Emotional Freedom Technique) is a phenomenal tool that helps to remove these feelings and thoughts.

Next month's issue will explain how to do EFT yourself and how to apply it to emotional health, infertility, and pregnancy after infertility.

*Updating IVF CD - Please help*

Did you use the Imagery and Meditations in Support of an IVF Cycle CD? If so, I need your help! I am updating the CD and have put together a 10 question survey to hear your opinions about what should stay the same and what should be updated. Even if you won't have a need to use the CD again, please share your experience with me so that your wisdom can help the thousands of women who will. Thank you in advance for your time in completing this quick survey.

[Click here for the survey](#)

*Quick Links...*

- [Ceate Peace for Women's Wellness](#)
- [Create Peace after Miscarriage or Loss](#)
- [Create Peace for Reproductive Health](#)
- [Create Peace for Optimal Fertility](#)
- [Create Peace during Pregnancy After Infertility](#)

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