



Sedona Soul Retrieval™

Shifting Insights Through Life Experiences



Featured on:



Award Wining Author
Debra Beck

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Tips to Maintain Your Balance During Uncertainty

- Breathe- take the 1st deep breath and relax your body, 2nd deep breath and relax your mind, and 3rd deep breath relax your heart every time you're triggered.
- Don't stay in the drama of the situation, lean into the learning-the more we stay in the situation out there, the less we are able to look at our triggers around the situation.
- Be with your feelings without the story, really allow yourself to feel your feelings.
- Accept life as it is and have an awareness around not being able to control it.
- Stop trying to get the ground under your feet and surrender to things being exactly as they are.
- Look at how you cling to what makes you feel good and resist what makes you feel bad.
- Use all experiences during the day to shift your old beliefs and wake up.
- Stop blaming situations and people for your fears.
- Start taking personal responsibility for how you feel.
- Sink into everything you are grateful for, especially being alive during this time of expansive growth.
- Incorporate a meditation practice, create a morning and evening practice to connect with yourself and Source.

Retreats and Mentoring...



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