

# Jump Start Your Coming-off New Reality with These First 5 Steps!

**Jump Start (Verb)- To infuse energy into a situation to get the action started.**

## 1. Put Yourself on a Mental Diet /Livet

Just as you would put yourself on a diet when you want to release unwanted energy stored in the form of pounds or kilos by paying attention to and being conscious of what you are feeding yourself, your sustenance, if you will, is what you will be feeding yourself. This in turn will be creating how healthy or not you are through this process.

You will be doing the same thing for your mind, except that I choose to call it a “Livet” (live-it)! Because you are creating and moving toward life. The mind and body are connected, and the mind is very powerful- especially the subconscious mind. What you think about you bring about! Our thoughts help create our life and more importantly it’s our thoughts that cause our emotions which then create our feelings.

So, put yourself on a mental Livet by being very conscious and aware of what you are thinking about. Are these thoughts helpful? Are they what you want to be experiencing? Are they creating unwanted emotions?

### How to apply this in your life part 1:

When you notice an unwanted thought do one or more of the following:

- Say “No” out loud or in your mind.
- Picture a big stop sign.
- Place an elastic on your wrist and *gently* snap it when you notice a negative thought.
- Keep a notecard or notes app on your phone to keep a tally of each time you think a negative thought.
- Say the actual thought out loud. This one is the most powerful!

It will not take you long to realize what you have been feeding on all day long! Ask yourself, “Are these thoughts helpful?” “Is this really what I want?” “Is this helping me or harming me?”

Note: It may require you to metaphorically speaking, chain yourself to the radiator in the beginning. You’ve likely created a lot of momentum around these thought patterns and some good grooves in the neural pathways of your brain so don’t be discouraged. The more you practice your new Mental Livet the easier it will become until you’ve got new neural pathways and habits of thought. Eventually you will get to the place where you will notice an unwanted thought *right away* because it will be an anomaly!

### How to apply this in your life part 2:

- When you get good at noticing the thoughts and stopping them start to move to the next level of flipping them around to what you want/ how you want it to be instead. It should be something positive, empowering, and hopeful. This will seem, and feel completely untrue at first, but the more you start flipping your thoughts around to the better, more positive, empowering beliefs, the better you will start to feel! Note: A belief is just a thought you’ve been thinking over, and over again.

*\*\*\*Now, I know that when we are in withdrawal that it's easy to think you can't help what you are thinking but I'm going to call BS on this because I've been there, done that and got the T-shirt. Yes, even on a benzo (clonazepam that I took every day for 12 years). Here's the thing, just about every single person in the world struggles with their thought life. Many are not even aware of the thoughts they are thinking! When they do stay consciously aware of their thoughts they too have negative, disempowering thoughts that they really struggle to turn around. The incredibly great news is that if you can master this checklist **while** you are in the process of coming-off, there is nothing you will not be able to transform in your reality on the other side of this. You will be a **Master Creator!***

*I have done this, and so have my clients. So, do not give your power away to the medication! You **are** more powerful than it! Take back your power and teach yourself how to stay in your power!*

*Still have doubts? Watch just about any LOA (Law of Attraction) content creator on YouTube and read the comments. Many people struggle with staying aware of their thoughts and changing them to better ones who are **not** medicated!*

## **2. Focus-Which wolf are you feeding?**

There is a Native American story of a young boy sitting with his grandfather where he tells his grandfather that he feels like he has two wolves doing battle inside of him. A "good" wolf and a "bad" wolf. He then asks his grandfather, "Which one will win?" To which his grandfather replies, "Whichever one you feed."

So, starve the negative, disempowering wolf and feed the positive, empowering, life-changing wolf!

**We all have the power of choice.**

How does this translate into everyday life? What we focus on is what we get more of!

What are you choosing to focus on most of the time? Do you want more of what you are focusing on? Because whatever you are giving focus and attention to is the wolf you are feeding!

### **How to Apply Focus in Your Life:**

- Pay attention to what you are choosing to give your time, attention and focus to throughout the day. How much focus are you giving to your symptoms? I actually use the word *reactions* because the energetic charge behind the word is much less. If you are focusing on your *reactions* do whatever you need to do to distract from them. Like the Mental Livet above, you may need to metaphorically chain yourself to the radiator in the beginning.
- Stay away from anything that feeds the "bad" wolf such as Facebook groups, forums, websites, videos, articles etc. Get the specifics of how to taper your medication then get out! Do not read other people's accounts of the reality that **they are creating**. The main purpose of this checklist is to start creating **your own new reality** the way that you want to experience it. Reading, commenting, watching, or otherwise participating in these activities always evokes emotions and emotions are the rocket fuel to manifestation! So, do not feed this wolf.
- Circling back to your thoughts and your mental Livet- are you dwelling on negative, disempowering thoughts and beliefs? If so, you are creating more of what you don't want and feeding the "bad" wolf.
- Start telling a new story. See #3 below.

### 3. Start Telling a New Story

The definition of insanity as quoted by Albert Einstein is “Doing the same thing over and over and expecting a different result.” This means you need to do something different to get something different, hence the reason for this checklist!

When we tell the same story over, and over again, we are only continuing to re-create what already exists. This means we are creating the same reality over, and over again, day after day and wondering why things are not getting better. In some cases, they are getting worse! This is because the law of attraction works on momentum.

More focus creates more momentum. Ask yourself, “Am I creating momentum in the direction I want to go? So, start telling a new story. Tell a story about how you want your life and your tapering experience to be. If you knew for sure that you could create a different experience, (because you can) what would it be like?

Focus on this story instead of what you are currently experiencing. Yes, this will require you to ignore your current reality *within reason*. **Do Not** jeopardize your health by ignoring your current situation if you know you need to see a doctor or go to emergency care!! Use your common sense here, please.

Be aware that it will take some time to turn the Titanic around. You’ve likely got a lot of momentum going in unwanted directions so stick with the checklist and you will start to get momentum going in the direction of the new reality you are **consciously** creating. If you do these things, you WILL see a shift in a very short amount of time!

#### How to Apply This in Your Life:

- Write a letter to someone important to you telling them all about how you amazingly turned around your experience and how you cannot believe that all the crazy stuff on this checklist actually worked for you when you applied it. Tell them all about the completely different life you are living while still tapering your medication. Tell them where you are going, what you are doing, seeing, tasting, touching, smelling, feeling etc. Who are you with? How are you feeling about this newly created experience that in the beginning you didn’t think, feel or believe was possible? Get really into it by describing in detail your new life, what you are doing and how you are feeling.
- Be conscious and aware of the stories you are telling yourself and everyone around you! Words create. Thoughts create. Emotions create. Feelings create. These all go into your vibration- where you are vibing at. It is better to say nothing at all than to tell a story you do not wish to be living! Stay completely off the subject if you need to! Also, there is no need to lie. Just say nothing or *talk about anything but the subject of what you don’t want, even if you are currently experiencing it*. Do your best to ignore your current reality as mentioned above. It is an old creation from when you were not *consciously* practicing the things on this list. To create new and different, you must **do & be** new and different. 😊  
**It takes just as much energy to tell old, disempowering stories as it does new, empowering ones. No one can take away our ability to choose which stories we are telling ourselves and others.**

*\*\*\*Important note: the stories you are telling about your life and your experience include anything written- texts, chats, comments on forums, words spoken aloud, thoughts, conversations in all forms with all people in the physical and non-physical realm. Make sure these stories line up with your new, desired experience!*

#### 4. Trust the Process

This is about trusting the processes on this checklist as well as trusting the process of your taper and learning or re-learning to **trust yourself!** If a cold turkey is at play, for whatever reason, know that this is just another experience that can be transformed in the same way. This may not seem true because of the stories and the meaning we are giving them (see Start Telling a New Story above) but these processes work in *every* life circumstance. **Conscious creation is conscious creation period.** The taking of medication and cold turkeys are **unconscious** creations. Using this checklist will help you to trust both processes.

##### How to Apply This in Your Life:

- Practice the things on this checklist to the best of your ability every day. We are not going for perfection here! We are going for new creation, and new creation only takes tipping the scales to practicing these things 51% of the time or greater. The more you practice the higher the percentage will grow. Know that no one does these things 100% all the time or perfectly!
- Keep a **Faith Bank journal**. Take 5 minutes every day to write down the things that you are noticing from practicing what is on this checklist. What did you do, say, think, feel or experience differently today that was more positive/empowering than before you started doing the things on this list? Write it down, no matter how small or seemingly coincidental or fluke-y they may seem to you. These are “deposits.” The more deposits you make into your Faith Bank account/journal the better and better you will feel because you will see that things are changing and shifting. Again, this is momentum at work! If you ever doubt, or are having an “off” day, you can go back and read the deposits for encouragement as “proof”. Bonus: We get more of what we put our **attention** and **focus** on so write and read in your Faith Bank as much as possible! 😊
- Surrender! **Surrender does not mean giving up!** Surrender means releasing the resistance around your current experience knowing that you are on your way to creating something different. What we resist persists. What we **focus** on we get more of- momentum. What wolf are you feeding? What stories are you telling? It is all tied together. Do you see this? Only you can do this as you are the only one creating your experience. Staying in resistance delays the creation of your new reality. Resistance is the opposite of allowing and receiving.

#### 5. Gratitude- Look for Things to be Grateful For!

Gratitude is the wrapping up and tying together of everything we’ve covered, and the actions you’ve hopefully been taking in steps 1-4. Actively looking for, seeking out and focusing on things to be grateful for will create more things to be grateful for! Remember how you get more of what you focus on? Remember momentum?

This is where I started my own journey from unconsciously, unknowingly, manifesting horribly debilitating attempts to taper at a super slow-paced experience/reality *to consciously, knowingly creating a 100% reaction free experience off of the remaining 4 medications, living my life as if nothing was going on and starting my own business.* So, 180 degrees turn around! I am not special. I am merely a Way Shower of what is possible for you. **Everyone** has the same ability. Test it. Experiment with it. **I double dog dare you to see how freaking powerful YOU are!**

Want more? Follow me on my YouTube channel at “ThePowerofyoullc.com”

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