

DRAMA AS A HEALING ART

Lose the Drama, Change Your Karma and Soar

Tolerating causes our body to tighten, minds to block, emotions to charge, and authenticity to cease. Civility, duty, and dependence, are among many false reasons to accept anguish. What happens when we stop? Peace.

WHAT AM I TOLERATING? ADVENTURE PEOPLE, PLACES, THINGS, IDEAS

THIS ADVENTURE INVOLVES DELVING IN AND THEN LETTING GO

****READ ALL OF THE DIRECTIONS BEFORE STARTING****

DEFINE TOLERATING FOR YOURSELF—SOME EXAMPLES

- ☑ Putting up with
- x Going against my own instincts
- x Going against my desires
- x Hopeful tradeoffs—If I do this, maybe they'll do that
- x Imagined or wishful depth and mutuality in unfulfilling relationships
- x Playing small for other's approval
- x Add your own

MAKE A LIST OF EVERYONE AND THING THAT GIVES YOU A TINGE OF ANGST

- Keep your list where only you have access so you can freely express yourself.
- Acknowledging your feelings helps your body and mind relax. You are already consciously or unconsciously vibrating this energy, so why not let it go at least incrementally.
- Feel free to add to the categories below.

PEOPLE

- Relatives
- Significant others
- Co-workers
- Friends

- Board members
- Adversaries
- Teachers/Experts
- Neighbors
- Authority figures
- Frenemies
- Add to this list

PLACES

- Home
- School
- Workplace
- Clubs and organizations
- Spiritual institutions
- Shopping venues
- Vacation spots
- Neighborhoods
- Relatives' homes
- Rooms in your home
- Closets
- Commute routes
- Add to this list

THINGS/ ITEMS/ TANGIBLES

- Unflattering and disliked clothes
- Décor, furniture, artwork
- Broken items
- Unused items
- Clutter
- Food you eat
- Unwanted gifts
- Unworn jewelry
- Household repair and in need of replacement items
- Unkempt yards

- Unread or previously read books
- Unlistened to music and never going to watch again movies in all forms
- Photographs
- Emails
- Add to this list

IDEAS/BELIEFS/HAVE TO/ YOURS AND OTHER PEOPLE'S & THE IMPACTS

- I have to protect myself or others from...
- I have to do some things I don't want to because (be specific)
- I have to keep secrets to keep the peace
- I tell myself one thing but really believe another—example
I don't mind driving a car with one working door
- I have to prove I am...
Everyone expects me to... and I don't want to
- I changed my mind, but I can't tell because...
- Suffering is noble, a part of life
- I lie to myself and others about...
- If people knew this about me they would...
- I can't get this right no matter how hard I try
- I give up wanting, doing, trying to...
- I am stuck with
- ()...is more important than I am because...
- Add to this

I AM IMPACTED BY MY OWN AND OTHER PEOPLE'S...

- Argumentativeness
- Laziness
- Fear
- Personas
- Loneliness
- Racism, sexism, classism, all isms
- Reputation
- Traditions

- Meanness
- Projections
- Unsolicited helpfulness
- Manipulation
- Add to this

MAKE THREE LISTS BASED ON ALL OF YOUR ABOVE RESPONSES

WHAT AM I TOLERATING?

WHY AM I TOLERATING THIS?

WHY I DON'T WANT TO ANYMORE?

Notice any areas that can be quickly eliminated based simply on your acknowledgement, and let them go.

CHOOSE UP TO THREE TO RADICALLY CHANGE

- Go inside through contemplation, meditation, or asking the wisest part of you to guide you through the next steps. Focused breathing to a rhythm that is comfortable for you is a great way to initiate peace within your presence and openness to receive information and guidance.
- Create a statement for each of your three choices that reflects how you want to feel and function when the release is complete and you are no longer experiencing angst in this area of your life. You are energizing your desired outcome.
- Starting with the easiest action, take steps to move forward.
- Celebrate your small and large victories.
- Visit our private Facebook page and share (if you like) and allow yourself to be inspired by others.
- Come to our monthly gathering for insights and communion.
- Keep your intention to live in the light, fun, joy, and freedom that is at your core!

All workshops and other interactions are suggestions, and not to be considered counseling, therapy, or medical advice of any kind. Any actions taken by a participant is 100% their responsibility.















