



# How To Release Negativity to Raise Your Love Vibration on your Road to Self-Mastery

## Identify the Feeling

When you're not feeling like yourself, when you're depressed or down on yourself, you are likely to have negative feelings, thinking, and self-talk. (Self-talk is the constant chatter in your brain.) When you can remember to be aware and identify the feeling you can say, "Wait a minute! This is not who I am," you are waking up. This will happen more often as you consistently choose to be more conscious on your path to Self-Mastery and raising your Love Vibration. You will begin to realize when the negative self-talk is there. You will begin to become more mindful of your own thinking. This is what you want.

## Add Humor

Some people call negative self-talk "stinkin' thinkin'." I think it's a good idea to put a humorous slant to the process of noticing how you think. It's also difficult to be negative, sad or depressed when you are smiling or laughing! I recommend watching something that will make you laugh on YouTube.

## Take Charge

When you notice yourself falling into negative self-talk, call upon your Higher Power, God, whatever words you use maybe guides, angels whatever it takes to connect to your own Divinity. Name the issues that appear to be driving the negativity – whether it's the news, grief, anger, fear, feeling unworthy, or any form of exaggerated self-criticism.

EMAIL: [DALE@DALEBACH.COM](mailto:DALE@DALEBACH.COM)

PH: 310.614.2414 | WEB: [WWW.DALEBACH.COM](http://WWW.DALEBACH.COM)

# Take Back Your Power

Once you have identified the particular negative thinking you have been engaging in, say these words:

“As I connect to my own Divinity right now, which is Love, Light and Peace, I bind you and command you to be pulled away from my body, mind, and spirit right now. I send you to the divine sun NOW! Go back to the light to become beneficial energy, away from my body, mind, and spirit now! Go back to the sun. You have no power over me anymore! I am taking charge of myself and I choose love, peace and freedom, harmony, laughter, joy and health. Thank you Source! Thank you, God. Thank you Divine Intelligence. So it is. So be it. Amen. It is done!”

## Listen to Music & Experience Nature

Next, it's time to listen to some great, uplifting music that carries powerful positive affirmations. Take the time to listen to that music right away. The right music can anchor you in the Truth of your being, and re-frame your whole existence within that Truth, reminding you that you are joy, love, peace, happiness, wisdom, health, balance and freedom. It is extremely important that you expose yourself only to songs that have positive affirmations, with uplifting words and music. Listen to these kinds of songs often, and avoid music that makes you feel worse. The right music will help guide your self-talk back to happiness. I recommend anything from the Agape International Choir, Rickie Byers Beckwith, and all songs by Karen Drucker. These are life affirming, uplifting songs. They can help you change your subconscious patterns, your perceptions, thoughts, feelings and behavior,

Also, go on a nature walk so you can experience the healing force of nature as you listen to the music that makes your soul soar. You can also put the music on and dance barefoot on the grass.

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