Skill 32

Be Cornerstone: Operational

CorelQ.com



6. REFRAME

View pain as a gift that has helped you become a better person today

5. FORGIVENESS

Open yourself to forgive the wrongdoer and allow the pain to shed

4. TRANSFORMATION

Express your negative feelings and emotions, and exchange them for positive feelings and emotions

3. ACCOUNTABILITY

Imagine the person responsible for your pain in their white light form. Now imagine them in their perfect state saying what you need to hear to heal your heart

2. CALL ON SELF LOVE

Invite your inner light to shine on your wounds

1. IDENTIFY PAIN

Identify a time in your life when your needs were not met

FOUNDATION OF AWARENESS

Personal Energy
Archetypes

Empathetic Communication

Boundaries Intuition

