

BREAK TRAINING Part 2

Many authors today will tell you that in order to live a more positive and productive life you must “stay away” from negative people. In fact, in many such books you will find that the authors say, “Run from negative people as fast as you can.”

This is such a destructive methodology and belief system. This is resistance in it's highest form. This is a prime example of learned behavior. It is an error concept based on inadequate information, and it is destructive to the very core of our ability to generate Light, healing Light.

As I wrote in the LightMovie.com, certainly the lower energies are seductive. They are seductive to those who fear them and believe that the only way to deal with them is to run from them. And that creates the “war” mentality I talk about.

But you say, “Well, how can I be with negative people and not take on the negative and be sucked down by it?”

Great question, and I'm thrilled to take this opportunity to expand your knowledge base.

The most important information that I convey in all of my books, courses, and in every speaking or training engagement - as well as in my two [Special Free Reports](#): *The Physics of the Love Connection [Stay Married]* and *Attracting Business VS Chasing After It! [Entrepreneurs]* - is this:

When you are in a non-judgmental state, focusing on thoughts that please you, and you are *at peace within yourself* in any given moment, you are the Light and the transformer ...and it's not the other way around. Peace and Light and Love are not forced energies. They are allowed only from an uplifted mental state of Peace, Light and Love.

When you are with a person who is being negative and you begin to judge them for their “negativity” or unwanted behavior, at the exact moment you resist them and focus on just how negative and disgusting they are, you just lost your peace didn't you? It's not the other way around. It's not them doing anything to you, it's you, choosing to attend to the negative in them. And in that mental construct, you are no longer enjoying your own pleasure thoughts or thoughts of peace, because you cannot judge, condemn and criticize and think “peace, love and light” in the same exact moment.

I have written about an energy illustration in both of the [Special Free Reports](#), as well as in most of my other books and courses. In this exercise, the person who was simply enjoying their own moments of peace was not affected by the negativity of the person standing next to them. In fact, without “trying,” they actually transformed the negativity in the other person, putting them in a pure positive energy field. No matter how hard the negative person tried to continue to be negative, they could not keep thinking negative thoughts, even though I was instructing them to do so!

To illustrate the absolute power of this, I'd like you to think back to March 12 of this year, when Ashley Smith was held hostage for 7 hours by the Brian Nichols, who was wanted for the vicious murder of four people in the Atlanta area. The 26-year-old widow let her *compassion work its magic* – and she disarmed the 6'1", 210-lb. suspect with her non-judgmental attitude and her faith/vision of seeing her 5-year old daughter again.

Which brings me back to [last month's SuccessByte](#), where I tell a story about Mother Teresa, which I invite you to read as many times as it takes to break training because you truly [Can't Have An Attitude & Keep It A Secret!](#)

To break training you commit to training yourself to react differently. You train yourself to become consciously aware of what you are getting the urge to do, and then interrupt yourself and do something different.

You don't know what you don't know. So being willing - to be willing - to take in new knowledge, i.e., new training, which is how you begin anew.

3-Steps to Break Training in the Midst of All That You Resist:

- 1- MasterMind with one other person and ask for *immediate assistance* and *internal interruption* when your feel the trigger, the resistance, the judgment, criticism or complaining begin to start within you.
- 2- Acknowledge, without judgment, your "urge" to do the thing that you do, that you always do, when confronted with a situation like this.
- 3- Stay put, don't move and don't speak. Ask Spirit to assist you to re-train yourself to *be with the energy, without resisting it*. In any moment you choose to interrupt your attention to that which is seducing you, be willing to reach for the better feeling focus, the attention to preferences and the peaceful, joyous scenarios you can create in your mind.

Try this: next time you are driving by "road kill" or a traffic accident, break training and don't look! This is a simple analogy for the situations in our lives that hook us into negative thinking. Become aware of these moments.

These moments are the perfect moments to remember the Energy Illustration in the [Special Free Reports](#).

These moments are the perfect moments to think about how wonderful people felt in the presence of Mother Teresa.

These moments are the perfect moments to remember that the person who thinks about peace, and love and Light *is* the transformer, because their "entire" focus is upon pleasurable thoughts, not thoughts of how to control / force / coerce this person or this situation into a positive.

There is way too much training, energy and focus being given to resisting and running from the negative – this is why you end up de-energized and depleted.

The person who thinks about and judges the negativity is now sucked into the negativity by their own volition. This is simply a learned behavior of resistance. So practice having no judgment of your learned behavior and no judgment of the condition at hand.

And there you have it...

In Light & Love,
Mary

www.MaryRobinsonReynolds.com

MasterMinding Maven Extraordinaire

Blog Reminder:

To read Mary thoughts (Blog's) between monthly SuccessBytes check out her weblog at: <http://blog.MaryRobinsonReynolds.com>

From there, you can learn how to get a daily "feed" from her blog into your "newsreader" via RSS (Really Simple Syndication) so you'll never miss a thing!"

Enjoy!