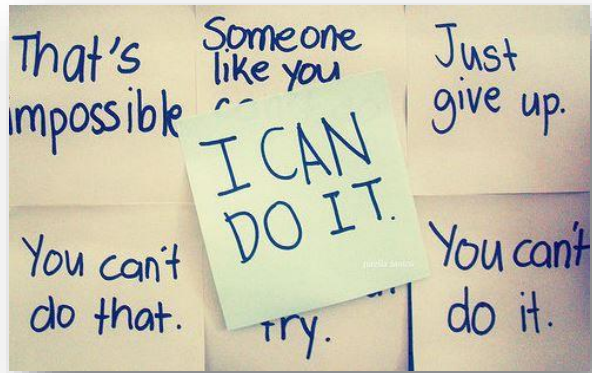


Gremlins Be Gone!



You know that sinking feeling. You have been working hard, focusing on making those self improvements, striving towards accomplishing those goals, moving forward on your journey. Then, WHAM!! A misguided belief you thought you had eradicated comes rolling into the forefront and hits you in your emotional core.

Frequently, it is (or is an associate of) the idea around a kernel of self-doubt. Am I deserving enough? Am I smart enough? Am I strong enough? Am I capable enough? Am I determined enough? Enough with these loops of enough! You visited these all before and commanded them all to BE GONE!

Why are you being returned to this place of potential dysfunctional function? Breathe. Don't panic. You know this gremlin and have dealt with him before. Remember how big and intimidating he looked before? Now look at him. A minuscule shadow of his former self! Who is he to think he can manipulate your thoughts into a quaking mound of gelatin? Quite laughable isn't it? Don't let this gremlin cast self-doubt in your current abilities and don't let it undermine your growth as the great person you are and the greater person you continue to become. Refuse to be held back from accomplishing your goals. Remember you have already built your own unencumbered strength, values and ideals within yourself.

You have grown stronger, are in more control of your own stability and happiness, and quite capable of keeping your balance in the face of a challenge. Confront this comical adversary. Is this an old belief you instituted yourself or one imprinted upon you? Why was it there in the first place? Was it an old protective belief which no longer serves you or an undermining belief which has always been self limiting and detrimental. Revisit these detrimental glimmers of old beliefs within and either recognize them to be outdated or change them into strengths, summoning once more your courage to do battle. Bring to yourself once more the feeling of satisfying "closure" on this subject. Don't put this off, meet this challenge immediately. Acknowledge the reason this residual thought presented itself again and make the most of it. Ask why did this show

up again and why just at this particular moment of time. Once you know the whys half the battle is already won!

After you have achieved this success hug yourself and the person you were when that big old gremlin first appeared in your life. Treat yourself with self-care and loving understanding filled with compassion. That repaired inner child holds the key to navigating you towards the creativity, good fortune and abundance waiting for you in the future. Continue on your path you were detoured from so unexpectedly.

Celebrate your accomplishments of the past and the future accomplishments to come. Set goals. Remember you are only as great as you allow yourself to be. Give yourself permission to surprise yourself and be even greater than you can imagine! Then you can celebrate again—with cake!

With Gratitude,

Kai