
THE MYRON BERNARD LETTERS

Millennial | Boomer Newsletter Edition



LEARNING TO TRUST

www.themyronbernardletters.com

MESSAGE FROM THE EDITOR:

Welcome to another issue of MYRON BERNARD LETTERS.

This month, trusting your emotions and Law of Attraction exercises.

I've also got your daily affirmation for you. Keep this one handy!

Continued Success,



Myron Bernard

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Personal Development Coach

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LEARNING TO TRUST YOUR EMOTIONS

We all are born with a certain amount of intuition. The problem is, from a very young age we are often told to ignore our feelings or that our feelings are just wrong. Much like force-feeding an infant can cause the child to start ignoring their natural hunger control mechanism, it's the same with emotions. The more we have been taught to push down our feelings, the more likely we are not to trust our emotions.



You Get a Feeling in Your Gut That Something Is Wrong

Everyone has a natural ability to know if something is not right in any given situation. The problem is, over time you may have pushed down those feelings as wrong or even crazy. You meet a new person and for no known reason you feel like something is off. You talk to someone and believe they are lying. While you may not want to react on these instances that aren't cause for immediate danger, keep an open mind and keep your eyes open. Chances are you'll find out that you're right more than you're wrong.

The Hairs on the Back of Your Neck Stand Up

Every human is born with a "flight or fight" effect. Sometimes the hairs on the back of your neck will stand up, or you get prickly and feel like running. Most of the time, you should pay attention to this feeling. I call this the little voice. Often, you'll find that when you feel that way a spider is nearby, or you are in serious danger. Do not ignore these nagging feelings, ever. Even if you're wrong, it's best to be safe.

You Feel a Need to Help Someone

T.V. commercials use these emotions when they want you to send money to save the starving children in Africa or donate to save abused animals. The feelings you feel when watching those commercials are normal and you should respect them. When you feel compelled to help people, don't push it down. Freely offer help because to deny your feelings about this will cause you to feel bad about yourself.

You Feel Pulled to Do Something Different

You're sitting in your cubicle bored to tears wanting desperately to do something different, but you are afraid to change. If you feel pulled in a new direction, take the time to give it some real consideration instead of nixing it immediately. Bill Gates didn't allow nagging doubt to stop him from becoming so successful.

You Feel Confident in Your Abilities

When you are feeling confident, don't push those feelings down. You have a right to feel good about what you are doing and to feel capable. When you feel good about yourself it's not misplaced pride or bragging. So often, people (especially women) are taught from a young age not to boast about their abilities. This puts young women at a disadvantage from their male counterparts when it comes to jobs and fair pay. **Allow yourself to feel confident!**

Make Your Environment Comfortable

Emotions need a safe environment to be felt fully. You're your own best friend. Only you can create the right environment that is safe for you to feel the emotions that you have. Make your home safe for yourself and safe for your entire family. As Dr. Phil says, "home should be a safe place to fall."

Acknowledge the Different Emotions You Experience

Don't push away emotions that you have about drugs, alcohol or food. Instead, allow yourself to experience a full range of emotions as appropriate. Of course, you do have to show some measure of propriety in public, but you can express appropriate emotions in appropriate places as they come to you.

Try to Name the Emotions Others Are Having

In order to improve your capacity for empathy, practice naming and expressing the emotions that other people are having. People who can show great empathy to others, even if they haven't gone through the situation themselves, have much happier lives than those who cannot relate to other human beings at all. You don't have to be homeless yourself to understand how truly demoralizing the experience is.

Write Down Your Feelings

Keep a feelings journal for yourself to help you process different feelings that you are having, and different feelings that you note that other people have about situations in life. Your journal can help you work through emotions in a healthy way, as well as give you something to look back at when you are having trouble.

Test Your Judgment Accuracy and Go for It

If you are afraid to go with your gut due to having pushed down the skill from a young age, pick one thing to test. For example, if you feel like you need to switch jobs, start job hunting in earnest. It won't hurt to go on some job interviews to test your intuition. You might find the job of a lifetime. Or if you feel strange, such as running from a situation, go ahead and do it.

As you learn to trust your emotions by practicing actually feeling them, you'll get better at discerning what's right and wrong.



DON'T PROCRASTINATE

Nothing happens if you never start and only think about what you say you want to do. roll up your sleeves...stop wasting your own time! The power will enable you to use your learnings tomorrow...instead of never.

The Power
Of Starting Now!
The Personal Structure System

3 LAW OF ATTRACTION EXERCISES TO REALLY GET WHAT YOU WANT

If you have heard of the movie, The Secret, you have heard of the Law of Attraction, as well. The Law of Attraction is not something that simply comes your way; you have to put a little effort into, as well.

There are techniques that you can use in order to make the Law of Attraction work for you so that you can get what you want out of life – and not just this life – but also, your life.

Learn How to Meditate Using Creative Visualization

First and foremost, if you are interested in utilizing the Law of Attraction to its fullest potential, make sure that you begin each day with meditation. Meditation is important as it brings your focus toward what you desire and what you expect for that day.

Creative Visualization is a powerful tool in creating the feelings behind the desire. It is not enough to just meditate on something you wish to attract into your life, visualizing brings it to life.

Creative Visualization takes it one step further by incorporating the feelings you are feeling as you see yourself

- Receive the reward
- Get the love you desire
- Increase your financial status



As you embrace the feelings of joy and happiness, you will see that more joy and happiness will enter your life. Creating visualization makes this happen by using your emotions as triggers.

BELIEVE

Learn the Art of Being Grateful

Being grateful means truly understanding how much we already do have without asking for any more. When you are in a state of gratitude, so many more things to be grateful for come our way.

Take a look around you, there is so much to be grateful for, but you need to stand up and take notice. When you start to understand the simple blessing such as butterflies or flowers that envelope your life, you will feel more joy. Once you feel more joy, you will manifest more joyful events in your life.

Write Your Thoughts Down

If you really want to get the most out of the Law of Attraction, then you must consciously control your own thoughts on a daily basis. Sometimes you must control your thoughts on a moment-by-moment basis.

If you find yourself going into negative or self-sabotaging thoughts, you need to take responsibility in several ways.

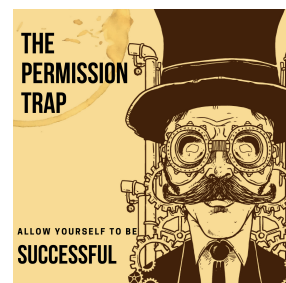
- Think positively
- Concentrate on all that you are grateful for
- Give yourself positive affirmations

By creating your thoughts to show up as you wish, you create your life to show up as you wish, as well.

THE PERMISSION TRAP

It's important that you are clear in your mind that whatever you want in life, whether you are an internet marketer looking to make money online, a fitness coach or the singer-songwriter looking for a break!

Your mindset is the key to changing your lifestyle and getting what you want. You have to stop waiting for others to give you permission to move forward.



Today's Positive Affirmation...

**I am worthy and deserve
every good thing that
happens today.**