

BLUEPRINT 3. RESETS: TECHNIQUES AND MINDSET SHIFTS.

EXPRESS LOVE, NOT GOSSIP: A 2 MINUTE SHIFT.

THE MOMENT YOU CATCH YOURSELF ABOUT TO GOSSIP, PAUSE. TAKE A BREATH. ASK YOURSELF: IS WHAT I AM ABOUT TO SAY ADDING LOVE OR TAKING IT AWAY?

NOW, IN YOUR MIND, PICTURE THE PERSON YOU WERE ABOUT TO SPEAK ABOUT. INSTEAD OF FEEDING THE STORY OF GOSSIP, SILENTLY SEND THEM A BLESSING: "MAY YOU BE HAPPY. MAY YOU BE FREE. MAY YOU BE LOVED."

THIS TAKES LESS THAN TWO MINUTES, YET IT REWIRES YOUR BRAIN FROM JUDGEMENT TO COMPASSION. EACH TIME YOU DO IT, YOU STRENGTHEN THE PATHWAY OF LOVE IN YOUR MIND AND DISSOLVE THE HABIT OF GOSSIP.

LOVE EXPRESSED SILENTLY, IS STILL LOVE EXPRESSED, AND IT TRANSFORMS BOTH YOU AND THE WORLD AROUND YOU.

