

Being-Ness Guide

If you are experiencing this state of being:	This is a possible cause.	This is a suggestion to enable a new state of being.	These are the states of being to engage in.
Anger, resentment	You are being fearful and afraid of something.	You may be afraid to let go of the anger, fearing it will cause you pain. Relax your mind and body. Breathe deeply. Get in touch with the root cause of your anger. Make a decision to stop the anger and/or the resentment as it is detrimental to you and others.	Be loving Be forgiving Be calm
Sadness, depression	Limited beliefs. You have closed yourself off from being loving (accepting or giving). You are focusing on the negative only and repeating old patterns. You are looking at the lack in your life.	Think of what is great in your life. Do a gratitude exercise. Be loving to yourself and to another. Create new rituals (patterns of behaviour) to empower the new states of being.	Be grateful Be appreciative Be happy
Tension, impatience	You are narrowing your focus and limiting your thoughts of possibility.	Relax your body. Take deep breaths. Become still and quietly listen. Put yourself into a state of faith.	Be patient Be faithful Be trusting Be relaxed
Dissatisfaction	You are no longer enjoying your present condition. You are not appreciating the great things in your life.	You are at choice always. If you are dissatisfied, get excited, because you have the opportunity to change it or change how you feel about it. Make a decision and take action.	Be excited Be grateful

Worry, stress	You have lost faith. You may have forgotten that you have the ability to choose.	There is no sense in worrying about the things that you have control over because you have control over them. There is no sense in worrying about the things that you do not have any control over because you don't have any control over them.	Be peaceful Be relaxed Be confident
Hostility	Your anger may be out of control. You have deep-rooted emotions that you have not dealt with.	Get to the root cause of your hostility. Seek professional help, if required.	Be gentle
Distrust	You are not being honest with yourself and with others. Or, you have created false beliefs. Or, your inner voice is sending you a warning and you need to listen.	Become honest with yourself and your innermost feelings. Communicate how you truly feel to others in a loving way.	Be trusting Be honest Be loving
Doubt, uncertainty	You have lost faith in yourself, in others and in the Universal Energy.	Replace doubt with faith.	Be faithful Be certain
Extreme hurt	You are possibly feeling insecure or inadequate or your self-esteem is low.	Ask yourself: "What else could this situation mean?" (only answer with positive meanings)	Be loving to yourself Be confident
Lost, helpless	You are simply forgetting who you are and what your capabilities are. You are never lost; you are just not remembering. You have an abundance of opportunities and unlimited personal power.	Remember that you are an incredible person with unlimited potential and possibilities. Everything you need is within you now.	Be on purpose Be aware

Unworthy, undeserving	You are allowing another's negative influence to be accepted into your mind. Your beliefs about who you really are, are inaccurate.	You are a child of God and your natural state is worthiness. Love yourself first.	Be deserving Be worthy Be totally loving
Discouraged	You are allowing negativity in. Look at what this feeling is revealing to you. Is it giving you a clear message to review your decisions? Or are you simply losing faith?	Evaluate the source of the feeling. Get excited about the opportunity this offers, or create new exciting opportunities. You have choices. Regain your faith in yourself and your ability and in the Universe.	Be excited Be faithful
Guilty	You are behaving in a manner that is in direct opposition to your values.	If you have done something that is, in your opinion, wrong, then correct it. Make it right. Forgive yourself and make a decision to learn from the experience, and move on.	Be loving
Mean, cruel, nasty	You are hurting. You are not loving yourself. You have hurt yourself and are hurting yourself more by being in these states, or you are allowing another's actions to hurt you, which is detrimental to you.	Stop hurting others, as it hurts you too. Love yourself. Give love away.	Be kind Be considerate Be thoughtful Be loving
Nervous	Relax. You are likely not breathing. You are focusing on fear-based thinking.	Turn your nervousness into positive energy.	Be relaxed

Insecure	You are doing things or have done things that diminish your own selfworth. Or, you may have hurt someone. Love yourself and love all others. List the things that are great about you: your strengths, your strongest characteristics; your accomplishments and achievements.	Set new goals and create plans for the achievement and get on with the work.	Be confident Be loving
Unmotivated	You don't have any goals or you are doing nothing toward achieving the goals that you do have.	Set some goals, or take action toward the attainment of your goals. Write out the benefits you will realize when you do achieve your goals.	Be focused Be excited Be motivated
Fearful	You have lost faith. You are focused on loss or lack.	Think of positive possibilities. Take action.	Be faithful Be courageous
Lonely	You have shut yourself off from receiving.	Find someone else who is lonely and help them feel loved and wanted.	Be loving Be giving Be warm
Unattractive	You are looking at negative only.	Beauty comes from within. Beauty too is vibration. Do something to make yourself look better. See an image expert. Take great care of yourself.	Be beautiful
Drained	You are allowing outside influences or negativity to drag you down.	Focus on the great things in your life and your opportunities. Get the rest that you need and take care of your body.	Be refreshed Be energetic