

## **Conversation Challenges**

I'm not sure why society is so obsessed with negative news. It's everywhere. In the age of 24-hour coverage, you simply cannot escape the constant reporting of chaos, despair and fear. It's no wonder people feel overwhelmed and depressed! To make matters worse, mainstream entertainment is literally overflowing with guns, violence, obnoxious behavior and the degradation of women.

All this hunger for negativity naturally translates into our everyday lives. It permeates our behavior and the habits of those around us. Gossip, harsh criticism and bad mouthing are all socially acceptable behaviors, but they are stopping you from experiencing deep happiness and peace. I'm not suggesting that you need to become a saint, forever refraining from uttering a negative phrase, but I encourage you to become aware that negativity is contagious and if you wish to get on the positive train then you better unpack the negative baggage.

Furthermore, what is all this negativity doing to our bodies and our minds? As you have seen through Energy Muscle Testing, what we take in drastically effects us so I encourage you to be mindful of the experiences you expose yourself to and you participate in. Let me ask you, how do you feel after you watch a sensational reality show? How do you feel after watch the nightly news? How do you feel after you gossip about someone you know? Take some time in the next few weeks to quietly observe.

## Take Action:

- If you find yourself in toxic conversations, see if you can interject a positive comment to shift the energy. If that doesn't work, you can always choose to not participate at all.
- Strike up positive conversations.
- When you set your intention to be positive, notice how positive people are attracted to you and negative people tend to stay away.

Module Three: The Art of Casual Conversation