

## **14 Things to Do When Life is in Your Face by Chuck Spezzano**

**When life gets tough, here are some things that can make a difference:**

1. From the deepest part of you, open your heart and ask for help from those around you.
2. Sit quietly a moment. Imagine yourself in God's arms being held and loved. Open your mind and experience the peace of God.
3. Whatever the issue, take the long view. Look at the Big Picture. See this in the context of this month, the year, the decade, your whole life, from your soul's perspective of learning, healing, and your purpose.
4. Look at this time right now from the view of your eternal spirit. Understand that the biggest crises can be the biggest births. Vision can open for you now if you realize that it is possible. A new and better way can begin.
5. Trust that it will all turn out for the very best. Trust works paradoxically. It takes the worst situations and begins to unfold them, so that everything turns out in the best possible way.
6. Recognize what you could give to make the situation better. Give it wholeheartedly.
7. No matter how bad things are, someone is in greater need of help. Ask yourself who that is. As you reach out to help them, the problem, or a layer of it if it is chronic, will dissolve. Don't deny your problem. Just don't let it stop you from responding to a greater call for help. You and the person helped will both be moved into a flow.
8. Forgive yourself. Forgive everyone in the situation. Forgive your partner, your parents, and God. It is grievances that stop the miracles.
9. Appreciation generates flow. Call or visit three people to tell them what you specifically appreciate about them. Write a letter to a former teacher, coach, friend, or family member to let them know how much you appreciate them. Make a list of what you appreciate in your life, what you appreciate about your partner or the closest person to you. Make a list of what you appreciate about yourself.
10. However distracting or involving, the situation that is plaguing you hides a major gift. Be curious about what that is. Do not stop till you know and embrace it. This situation is merely a defence to hide the gift. If you embrace the gift, the defence will dissolve.
11. Choose the best possible outcome, and put the power of your mind behind it. Set your mind, and do not stray from this course. Keep faith in this, as otherwise you will pay for putting your faith in anything less than success.
12. In spite of your fear and anxiety, calm yourself down, centre yourself and listen. You can ask your higher mind to centre you. Each time you do this, you will become successively more peaceful. The answer is already within you. All you need do is listen within yourself for it. The more peaceful you are, the more the answer becomes an immediate solution.
13. Recognise that whenever you are suffering, your ego is being challenged, not the real you. Ask yourself, what belief or self-concept of your ego is being asked to change?
14. Ask for a miracle!