

Episode N°7 How to Stop Worrying

Esther Hicks said 'Worrying is using your imagination to create something you don't want.'

When you imagine your future, your loved ones, your bank account, your career, and your health, have you ever felt worried something about them?

My goddess friend, you are not alone. In today's episode, I am so excited to tell you that we can let go of any worries from our lives right after listening to this podcast.

Yes, you heard me, you will never be worried about anything in your life. So are you ready to let go of any emotions that no longer serve you and replace them with the feeling you truly deeply desire? Let's dive in!

Welcome to the Haute Couture Life podcast. I'm your host Mana here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

We all have an emotional home. Right now, please think about three negative emotions and three positive emotions you feel on a daily basis. Do you mostly feel excited? determined? and gratitude? or do you often feel worried, angry, or frustrated?

Here is the great news, emotion is just a vibration in our bodies. It is not harmful unless you believe and act on it.

And the truth is, all feelings are made by our own thoughts. Not other people's behavior, not circumstances, and not from the external.

This is very fundamental knowledge to understand so please keep it in mind.

Next, I want you to look at when you feel those emotions on a daily basis, what kind of action do you take and do not take? I want you to examine yourself, have no judgment and just get curious and have compassion with yourself.

So basically, there are two types of emotions that we feel. One is going to generate the action we want to take and create the result we want. Basically, it is based on love. Other ones generate the action not to take and not create the result we want and most of the time, they are based on fear.

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There is a great quote by Neale Donald Walsch, he explains 'All human actions are motivated at their deepest level by two emotions--fear or love. In truth, there are only two emotions--only two words in the language of the soul.... Fear wraps our bodies in clothing, love allows us to stand naked. Fear clings to and clutches all that we have, love gives all that we have away. Fear holds close, love holds dear. Fear grasps, love let go. Fear rankles, love soothes. Fear attacks, love amends.'

So first, with my own personal stories, let's look at three emotions that are not serving us and how to replace them with the emotion that is so beautiful, elegant, and makes you more gorgeous. And most importantly, how to handle worries when you are about to feel it.

The first not useful emotion is anger. When I first became plant-based and vegan, I used to have feelings of anger towards things I could not control. I kept saying that why people don't know this. why are people still eating beautiful animals? why do school education and media lie to us.. and obviously it was not serving me because what we focus on, energy flows.

When I was feeling this emotion, I felt tighten up my body. My body was shrinking and since our emotions and body are so connected, I was not being the best version of myself in terms of skin conditions.

You know, there are animal rights who are so gorgeous however if you say something out of anger, people will not listen unless they are very curious about what they are saying. So later on I realized that focusing on anger does not help me to be the best version of myself and if I want someone to be curious about animal rights, I realized that we need to show more beauty energizing, a happy side and spread love from the place instead of anger.

As you can see, what we focus on, we experience.

If you feel anger, how do you feel in your body, and what kind of action you take? Some anger emotions could be helpful for you to take action but it is only for a short period of time and not sustainable.

We need to let go of anger especially if it has already happened in the past, or something towards another person. Letting go of something we cannot control directly makes you feel such a relief.

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The second is frustration. Have you felt like if the person behaves a certain way, you think you will be feeling so much calm and peace? I am sure many of us can relate to this. However, as goddess ladies, we need to manage our thoughts and feelings. Not control and manipulate others to behave a certain way.

If you are the one, you feel like controlled? No one wants to be controlled right?

For me personally, when I feel frustrated is like a kind of sense of rush, stress, and getting somewhere hurry to arrive. Also, frustration is sometimes expecting someone to do something a certain way, or in a situation, where you don't feel like you haven't got the desired evidence or result yet.

'You cannot have a happy ending to a miserable journey.' by Esther Hicks. Everything is energy. what we give, what we get. If you constantly feel frustration, how do you feel in your body, and again, what kind of action do you take?

Is it graceful? Is it elegant? we know the answer don't we? Managing our thoughts and feelings really helps you to be the woman you want to be,

'Do not wonder why things are taking so long. In fact, everything is rolling out exactly as it needs to, using not a minute more than Perfection requires. Rest easy and be at peace. Life is working its magic even as you take your very next breath.' By Neale.

And finally, the last one is worry. When I saw some news or SNS that was talking about scary things in the past (yes they are designed to grab your attention and if you stop watching them, you will be so much healthier emotionally really!) such as crashes and bombs, I tended to think what is the point of my creation? what if something destroys everything I created such as my business, passion for vegan fashion and design, and serving and helping people, cats, and animals? and I was thinking about whether should I not show up and do nothing if someone destroys my creation anyway.

At the time, even though there was no crush and bomb outside. How crazy our brain sometimes tells the story right? Because part of our brains is designed to protect us, keep us safe and from danger to alive but again, it is not serving a lot in this time of our lives.

And then later I realized and remembered my truth that ' wait, this does not make sense. even if it happens, this is my one and only precious life. I came here with a big vision and

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purpose to create. there is a universe that always supports us no matter what. everything is happening for a reason and works out perfectly. I am going to create what I want no matter what. And so I got back. I focused on the creation and serving again.

As you can see, anger, frustration, and worry didn't serve me at the highest level. it doesn't help to change or evolve anything comes from fear so I dropped the worry, and eliminated anger and frustration.

When it comes to worry, some people misunderstand that if he or she is worried then I am loved. I am here to say no it is not true. Because when they worry, what kind of action do they take? Is it loving? expanding? and evolving? As Neale said in the quote, worry is based on fear. it is wrong imagination and it is not trusting the person or universe. some people even feel such relief if they feel worry that does not make any sense at all.

So, why do we worry? How many people do you think to worry every single day? As I mentioned, we all have brains that have the part of survival mode. I never heard someone who has not yet been exposed to the personal growth world say what if it works out, what if I am the perfect age to do this, what if I can change the world? If we are not mindful, I think 98% of humans keep worrying because the survival mode is designed to seek what is wrong so that they can protect us from changes and we can live. It might helped 500 years ago but it is not in this time of our lives.

The bottom line is our brain is not designed to be happy but if we keep training, managing, and directing brains on what to focus on, we will create beautiful evidence.

The caveat is that I am not saying that we all should get rid of negative emotions because we all need every emotion for contrast in order to live the best life we want but we can change to beautiful emotions to serve us and help us to create the best life.

Now, let's move on to the solution, especially for the emotion of worry. First, let's have an equal time to be positive.

Because of the survival mode, we tend to think, negative what-ifs but we can change to beautiful what-ifs.

What if it works out, what if everything is working out perfectly, what if this is the great solution? What we truly believe, we create.

When we think about beautiful what-ifs, how do you feel differently in your body? Isn't going to feel a little bit better, light and peaceful?

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Training the brain to use imagination more beautifully is so crucial because what we focus on, expands. Our emotion is our habit. It takes daily practice and we can change them. We get good at anything with practice my goddess friend. Practice makes perfect. How amazing that we can master anything with practice. it sometimes takes time but never give up and never beat yourself up. it is like building muscle. When we were babies, we never gave up on walking right? (laugh)

Second, let's make a plan. When we feel worried, especially if it's the emotional home we often visit or live in, we never question what we are actually worrying about. If you feel worried, grab a pen and journal and write down everything you feel like you worry about and if there is one you can control over, let's make a plan and do something about it.

The plan makes it more clear and specific. The more clear and specific the plan is, the less worry we feel. If you are worried about your health, get clear about why you are worried about it, what kind of thought you can practice, and what kind of action you can take in order not to feel worried.

Getting clear and specific is key to everything :) This is what I learned from my coach.

Third, focus on what you can control. There is a great exercise you can do when you feel worried. As I mentioned, grab a pen and journal, write down everything you feel worried and on the next page or on the same page, write down the god /universe list on the left side and write down my list on the right side, and categorize all the sentences you wrote into the god universe list or my list.

You can also download the PDF version from the show note that I created for you so please feel free to use as much as you want.

If it is 100% you can control it is going to be on my list on the right side. so that we can do something about it such as make a plan and execute it if it is not 100% able to control, like what is happening outside, the weather, and the economics, people's situation or behavior put into the left side and let it go and trust the god and universe. You will feel so much freedom after that. This is what I got inspired by Byron Katie and I am going to introduce her book in the minute.

‘You can’t always control the wind, but you can control your sails.’

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‘Leaders focus on what they can control, what they have, and what they want.’ By Tony Robbins.

Last but not least, trust the universe and you can ask yourself these questions. By the way, there is a great book out there called Loving what is by Byron Katie. If you haven't read it yet, I highly recommend reading it. She explains how to use four simple questions to ask yourself and focus on 100% that you can control over. Very simple and super effective.

Whenever we take action, we can ask ourselves is it serving me? is it helping me to become the best version of myself? does it belong to my future?

Every time, we have the opportunity to do what we focus on. We have 100% control over our own thoughts feelings and actions. we can change anger to forgiveness and gratitude, frustration to acceptance, trust and anticipation and excitement, and worry to determined, committed inspired, or motivated.

We get to decide what we want to believe. Let's choose the thoughts and feelings like a boutique. Only choose and wear the one that fits you perfectly and makes you look and feel so gorgeous, beautiful, and fabulous.

Have a gorgeous week my beautiful friend!

As we wrap up today's episode, I encourage you to take action on what you learned. Visit hautecouturelife.com to leave your comments. I am so excited to hear your takeaways and insights. So until next time stay beautiful and have an amazing week my goddess friend!