



# AWAKEN NEWSLETTER

Healing from the perspective of Cristina Phillips

## In a Glance:

- Understanding Manipulation
- Protection
- Will to Survive
- Power to Control
- Understanding Self
- Self-Care Habits

*“The conscious intelligent manipulation of the organized opinions and habits of the masses is an important element in a democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government which is the true ruling power in our society.”*

*-Edward Bernays*

## SUPER POWERS

Emotional intelligence (EI) is a super power human beings possess.

EI is how a person can intellectually process emotions internally and externally. In linear terms, “How I feel about myself,” “How I feel about my world,” “How the world feels about me.” Understanding emotions is a universal key that gives the power to the sensory system. Emotions can communicate from human to human on an energetic level. Hence, why prayer and group meditations/ rituals have outstanding benefits. Energy travels by intention and action.

Emotions bring so much purpose to our lives. Let’s start celebrating our gifts and gain new love and admiration for our gift of **Emotional Intelligence.**

# MANIPULATION

Information without understanding is a very dangerous tool. Lack of awareness or the misunderstanding of any information allows for people to fall victim to manipulation by an external source. Whoever knows more, will manipulate the information and enable the situation.

Manipulation is a birth right. Its subconscious and a survival tool. Consider it a gift from your ancestors! Just as we were given free-will; we are also given the choice to choose. Depending where you are on the nurture scale; you will either lovingly progress in life or fall into your instinctual survival mode. Both essential to live. However both bring very different outcomes.

Understanding ALL HUMANS have an animalistic need to survive. Everyone is searching for truth. Everyone has been abused and manipulated. Manipulation has become a normal tactic to get what we desire. To grow authentically one must learn to create and build without the use of manipulation.

NOBODY is exempt. Every human on the planet has a unique imprint of self. It is our own human duty to discover our truths and our falsehoods. Discovering our authentic self is the key to the universe. Releasing manipulative tactics will encourage creativity to build a more supportive life and environment.

Understanding ourselves provides an opportunity to gain clarity and understanding. This gained perspective magnifies the human’s intuitive sensory.

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## Mirror Exercises

Mirrors are an incredible tool for goal setting, visualizing energy shifts and more.

Simply write down the desired goal. Look into your eyes in the mirror and **PROCLAIM** your desired next manifestation!

*“To be passive is to let others decide for you. To be aggressive is to decide for others. To be assertive is to decide for yourself. And to trust that there is enough, that you are enough.*

*-Edith Eva Eger*

This is imperative to learn. Especially in regards to the healing process. There have been many institutions, churches, spiritual groups and healers that have abused and manipulated their own followers. Please do not let your vulnerability become a powerful tool for manipulation. Protect yourself by building awareness. Do not be afraid to ask questions to everything. Amongst all things trust your intuition not your traumatized brain!

And so it is...

## BEING ASSERTIVE

1. Be forthright
2. Be Accountable
3. Say, NO!
4. Active Listen
5. Say, Yes when it feels authentic
6. Communicate clearly
7. Share your needs
8. Trust your intuition
9. Take chances
10. Maintain your space with boundaries!



## 15 SELF-CARE HABITS worth PRIORITIZING



SAY NO



MAKE  
POSITIVITY  
LISTS



REFLECT ON  
WHAT YOU'RE  
GRATEFUL FOR



INJECT  
HUMOR



REST WELL



LISTEN TO  
MUSIC



EAT WELL



FEAST  
YOUR EYES



CREATE  
SOMETHING WITH  
YOUR HANDS



GET  
PHYSICAL



DON'T FORGET  
YOUR SENSE  
OF SMELL



GET HELP



ORGANIZE YOUR  
ENVIRONMENT



LEARN  
SOMETHING NEW



CONNECT WITH  
OTHERS

MORE PRODUCTIVITY TIPS OVER AT [PRODUCTIVEANDFREE.COM](https://productiveandfree.com)