



REVIEW, REFLECT, RESPOND, & RISE to your situation/event/issue.

Breaking through old systems and blueprints can often trigger a backlash akin to ending a controlling relationship. Just as in a breakup, where the other person might escalate emotions and behaviours, breaking free from negative beliefs, cycles, and patterns can lead to intensified negative emotions and repeated cycles. It's like riding a roller coaster; as you attempt to break free from old systems, you might experience intense negativity or repetitive patterns that seem difficult to overcome.

The Roller Coaster Breaker technique involves becoming aware of these negative emotions and cycles, similar to recognising signs of a tumultuous relationship. When these emotions intensify or cycles repeat, it's like feeling trapped in a loop of negativity.

Physically jumping in the air with energy and enthusiasm during these moments symbolises a leap towards breaking the pattern. Generating positive energy through daily gratitude practices, offering compliments, and acts of kindness speeds up the backlash process.

The physical action and vocal affirmation disrupt the current emotional state, creating a moment of change similar to stepping away from toxic dynamics. Embracing a new perspective or mindset with each jump reflects moving forward and focusing on positive growth. Repeat this technique as needed, treating it as a tool for positive change and personal empowerment in the face of backlash from old systems and blueprints.

Overview

1. Outline your obstacle/block/negative situation to Backlash.


	Guidance	
REVIEW	<p>Describe your current circumstances and outline the events that led to them.</p> <p>Reflect on the repercussions and implications, both for yourself and others involved.</p>	
REFLECT	<p>Contemplate how your situation catalyses change and growth, using your discomfort as an opportunity for transformation. Identify the emotions and states you aspire to feel, contrasting them with your current feelings.</p> <p>Delve deep to understand why you experience backlash from making positive changes, which causes difficulties. Remember, you are breaking through your old blueprint for something better.</p>	
RESPOND and RISE	<p>Evaluate your typical reaction to your current situation.</p> <p>Consider an alternative/opposite response that transcends the norm, one that is:</p> <ul style="list-style-type: none">❖ Empowering,❖ Compassionate,❖ Expansive. <p>Envision how these new responses will play out, guided by your consciousness.</p>	

2. Roller Coaster Breaker

The "Roller Coaster Breaker" exercise helps break free from negative emotions and cycles. It involves recognising negativity, jumping enthusiastically and shouting "yes" to break patterns, generating positive energy through gestures like gratitude, and embracing a new perspective. Repeat as needed for positive change.

Step	Description
Awareness of Negative Emotions	Recognise when negative emotions or repetitive cycles are present in your experience.
Emotion Jump	Physically jump in the air with energy and enthusiasm when negative emotions intensify, or cycles repeat.
Enthusiastic Shout	While in mid-air, enthusiastically shout "yes" to signify your intent to break the pattern and shift your energy.
Generate Positive Energy	To increase your positive energy, engage in little gestures like practising gratitude daily, offering compliments freely, and performing acts of kindness towards others and oneself—fasting, detoxing, etc.
Change of State	The physical action and vocal affirmation disrupt the current emotional state, creating a moment of change.
Embrace New Perspective	Use the jump to adopt a new perspective or mindset, focusing on positive thoughts or solutions.
Repeat as Needed	Practice the technique whenever negative emotions or repetitive cycles arise, making it a tool for positive change.

3. NOTES:



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