

UNFAIR

Email received about unfair treatment at work:

“Please send light, love, and healing energy to the company employees and their families who were affected by the recent job cut.

These past two days have been difficult for us. My heart is heavy after hearing the details of how it was carried out from a security guard who was involved. We were asked by management when the announcement was made to not talk to the press or to our friends and family about the layoff, but after hearing what happened from someone who witnessed the “carnage,” my heart breaks for the layoff employees and their families. I am also quite upset with the owner and upper management. This is the most disorganized and inefficient company that I’ve ever worked for. I personally like and respect the owner but seriously question his ability to lead and to select the right people to run his company.

Please pray that upper management have the heart to do the right thing and pray that they will receive the wisdom that they need to make the right decisions to turn this company around.

Please pray also for those of us who remain that we will be able to continue our employment here with our sanity and souls intact. Namaste

Our response:

Yes corporations do crazy things due to poor management – and we definitely will hold everyone in the space of love for healing during this time....

However, remember, if you feel it then it is yours. “The owner” and “the management” and “this situation” are just your triggers. Look at your words in your email...they reflect what is inside of you that you need to face...you said

- the days are difficult
- your heart is heavy
- your heart breaks
- quite upset
- sanity and souls in tact (yeah! you said this line in the positive and what you DO want)

Please do worksheets on your three triggers and list the feelings (the list above) and look at the thoughts behind the feelings and what is the goal you hold for each. Cancel the goals...get reconnected to your BEING and see what is within you that holds to these. Let’s keep your heart light and intact, remain connected, and see the days as easy.

How many times in your life has someone (individually or as a group or company) resonated these feelings? It sounds like victimhood and helplessness, which just adds energy to what you are focusing on, which is really what you don’t want. Change your mind and take your power back.

When you are in the filter of BEING (Love) you will make choices that will serve you – if you are in hostility or fear then you will do behaviors you will later regret. Stand as the space and teach others how to do the same and see your circumstance change (at least your reality will be more accurate towards what is actually happening and you will be sane).

Blessings to you my friend. With love and respect.

Return response to us:

Thank you so much for your insights. You are right. When I focus on Love, my heart is light and the day is easy. I will do the worksheets to get rid of the thoughts behind the negative feelings.

I am choosing Love, Life, Light, Peace, Laughter and I feel reconnected again! :-)

I am bcc: some of my friends to share your insights in case they find the worksheets helpful in dealing with their own triggers. I hope that it is alright with you.

Our return response:

Yes it is absolutely fine – share the emails and all the tools – we will all heal together!