



EEB

How To Embrace Rejection When A Relationship Ends

The following information can be found useful to those who desire how to heal, forgive and move toward a life of happiness and fulfillment.

Life is full of surprises, fun, authentic relationships and seasons that bring and remove people, places, things, careers, jobs, cars, homes and everything in between. We can encounter loss at any stage in life, and at any age. Evolution and shifting requires loss.

You will get to a place where you view loss as an opportunity for something new, something good, something real and shift into a new rewarding season. Many cannot enjoy the new season because they have only been able to see the loss. When there is a loss it may be because you have graduated to the next faze.

Alternatively, we should embrace it because it is part of moving us forward to what lies ahead. (The very best life you can have.)

Instead of looking at things with a negative perspective you can open your mind to the truth of the situation at hand. And that is - that it is time for *new* and *awesome*.

The universe/God, or what it may be, is moving you toward what lies ahead. In order to move you toward your next chapter some people, places and things need to be removed, changed or shifted.

This is for your higher good.

Don't you want the very best that life has to offer *you*? Don't you want what is really meant for *you*?

Perhaps all the ended friendships, relationships, career opportunities and alike, have caused you to learn and grow into the man or woman you are today.

“Evolution is the power that shifts you in position to receive the best of the best.” -Elsie Blass

This is a great opportunity to find peace in knowing that you are better today than yesterday. And that you are closer to having the friendships, relationships and life you deem worthy of.

Because YOU deserve it!

Take a few moments to review the *How To's* listed below.

Be positive! This may just be the best thing that's EVER happened to you!

How to embrace rejection:

1. Become secure in your self and what you have to offer.

2. Don't take it personal.

A. Don't overthink everything.

B. Remember that not everything is about you or what you could have done better.

C. Consider that the problem is with them and not you.

3. Learn how to move on.

A. Process the situation.

B. Allow your feelings to surface and process them as well.

C. Learn all the things you could have done better but, don't be hard on yourself.

*Lessons help you shift.

D. After that let go by releasing the situation.

Stay true to yourself! Stay in-tuned with you!

Be sure to meditate and journal your thoughts and feelings. Writing can be a place to channel emotion and passion.

With Gratitude,

Elsie Blass