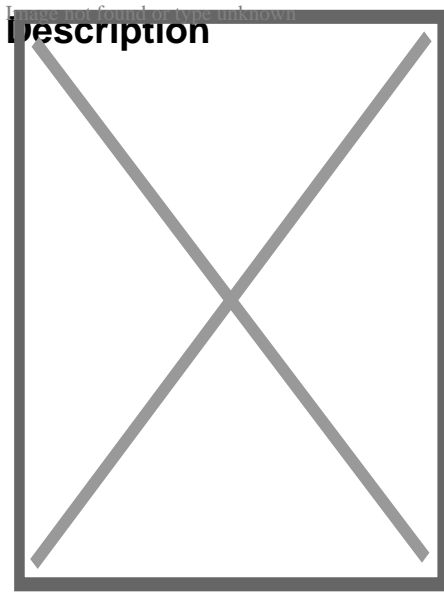


## 10 Tips For Staying Positive Around Negative People



Let's face it. No matter how positive we intend to be and how focused

we are on attracting positive people into our lives, there are times when we will come into contact with negative people. You know the type. They love to talk about all the things that are going wrong in their life. They live for the gossip about the latest tragedy in Paris Hilton's life or their neighbor's. They bask in being the first to point out why a project won't work.

These people may be tangential to your life or they may be firmly embedded in the fabric of your life (can you say "family members?"). But either way, when they come into your presence, they provide a true "test" of your ability to maintain a high, positive vibration.

So how do you deal with these people? How do you maintain a positive vibration when you find yourself surrounded by people with less positive vibrations?

Here are ten tools, techniques and insights to help you maintain a positive vibration. Try them out. Discover what works for you. Improvise, combine them, add your own. As you work within the Law of Attraction you will begin to discover your own tools and techniques for maintaining your highest most positively attractive resonance in every situation.

So here they are.

### 10 Tips For Staying Positive Around Negative People:

#### 1. Leave.

If possible, remove yourself from the presence of the low/slow vibrations as quickly as you can. This is the easiest and often the best way to deal with the situation. If you find yourself immersed in a water-cooler conversation that takes a negative turn, excuse yourself as soon as you realize what's

happening. Admittedly, this is not always possible (think family gatherings!) so we've got 9 more.

**2. Try to keep the conversation positive.**

If you recognize that the conversation is taking a turn for the worse, see if you can turn it back around. Politicians and marketers call this staying on message. Your "message" is positive. The topic doesn't matter so much as the tone. So anything you can do to keep the conversation positive is staying on message.

**3. Think of something positive in your life.**

If, in spite of your efforts to stay on message, the conversation becomes negative, see if you can split your attention and allow a part of your mind to focus on something positive. Think of it like the "picture in a picture" feature on your TV. Insert a little positive thought or memory into the big picture.

**4. Find something positive about the person to focus on.**

Everyone has redeeming qualities. They may be difficult to notice in the heat of the negative moment. But they are there. See if you can find one. Maybe you like her scarf. Maybe he just got a new hair cut that looks good. Maybe she smells good. Maybe he helped you move last weekend. When you notice and focus on something positive it neutralizes the power of the negative energy.

**5. Close your eyes.**

This obviously may not be possible when you are engaged in a one-on-one conversation. In this case, deliberately slow down the blinking of your eyes. Closed eyes, even if closed for just a second, immediately begin to bring your brainwaves down towards the alpha state. Try it right now. Take a few slow eye-blinks and watch what happens to your physical and mental state. You are much less susceptible to negative energy when you are in that relaxing, contemplative alpha space.

**6. Focus on your breath.**

Again, see if you can split your attention and focus part of your awareness on your breath. Become aware of the air moving in and out of your body. Feel your chest and belly expanding against your shirt. Notice the rhythm of your breath and see if you can consciously slow your breath down.

**7. Unplug your energy from the other person.**

Imagine that you are literally pulling your plug out of the other person. These negative people thrive on their ability to bring others down to their vibrational level. Use visualization, feeling, or intention to pull your plug and maintain your own vibrational level.

**8. Remember the prayer of St. Francis.**

Lord, make me an instrument of your peace. Where there is hatred let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. Recognize that the person's negativity is an expression of their inner doubt, despair and sadness. The way that you "sow" love and hope and peace and joy is by remaining positive and allowing yourself to become an instrument of peace in that moment.

### **9. Stop judging.**

If you find yourself being judgmental, stop. We all have moments of negativity. And, in fact, this person's presence in your life could be a signal that there is some negativity in your space that you are not acknowledging. So stop judging the person and, instead, offer your gratitude for the opportunity to explore your own tendency to drift into low/slow vibrations.

### **10. Don't be too hard on yourself if you get pulled down into the low vibrations!**

Sometimes, no matter how hard you try, no matter how strong your intention is to stay positive, you will find yourself pulled down into that negative vibration. Be kind on yourself. As with number 9 above, judging yourself will only add to the downward spiral. If you fall off the horse, the best response is to get right back on and try it again!

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### **Date Created**

2011/04/04

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