



**PUSH IT**

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**3 / 19 / 2019**

Peace Twins of the World. These days have proven to be quite triggering for both the divine feminine and divine masculines of the World. Awareness is the best tool any of us can use to avoid the emotional traps we often find ourselves caught up on. All I hear in my head is Push It, cheering me on to my next victory.

When you hear the word challenge, what comes to mind? Merriam-Webster dictionary defines challenge as “to dispute especially as being unjust, invalid, or outmoded.” Now, think about how that definition directly relates to you. Ya may feel a lil defensive. I’m currently creating realities in my mind to excuse my own behavior. Behavior I would never accept from any outsider. Can you relate?

That was a tough paragraph to write out, because it is oh so real. I’m nothing like a preacher. I’ve been the pot, so I would never call the kettle black. What I can say is, the worse I thought of myself, the worse I thought of those around me. Including my closest family members, lovers... Even children. I real lesson I learned very well is whatever I think most, I create. Each of us must respect the same universal laws. Below are 5 easy ways to challenge yourself to be better daily. Allowing you to be the change you wanna see in the World. Let’s explore:

1. Welcome Adversity

Our thoughts create every single part of our physical reality. Whatever we think most, we create for ourselves to live through. Think about the time you set a goal for yourself and accomplished it. Maybe you decided to eat consciously, or exercise. Maybe you made the 1st step in bringing your dream to life. Whatever goal you accomplished inspired you to feel as proud as you should always feel. Then, life threw you challenges that attempt to trick you into thinking life is totally unfair. You’ll just end up alone. There is great beauty in being alone, but you have to wire yourself properly to find it. Our darkest moments can be our greatest lessons, if we allow it. Meditation, conscious eating, weed and twerkin works best for me as instant reminders to be present and allow whatever pain I’m feeling to leave my body. Anything less than unconditional love isn’t real anyway.

2. Learn the science of emotions and feeling.

Most humans are born in a state of numbness. Many people are wired to ignore emotional pain and work beyond it. Making it easier to get through day to day difficulties. We evolve from numbness to feelings. Feelings are sensory sensations that prevent us from flowing. Even though feelings are an upgrade, they are tough to get through. Awakening from a state of not feeling much, if anything at all, to feeling pain can be quite overwhelming. What works best for me is to remove myself from my physical body and observe myself from a 3rd party perspective. From a detached state. Maintaining unconditional love for myself. Not all visions will make sense immediately. In which case, continuing meditation is ideal. Deep breathing while welcoming your etheric angelic team serving your highest and greatest good, focused on divine love and illuminating light to assist you is also ideal. I often ask my team to transmute all troubling energy and return it once it's been transmuted and can be used to serve my highest and greatest good. Sign up for our free Monthly Newsletter and get a free e-book, guiding you to learn various methods of deep breathing.

3. Tell Better Stories

I'm a story teller by nature. Ain't no story like a sad ass story. However, sad stories have the tendency to keep on tellin themselves. The statement, "Tell better stories" used to Reeeeeeally trigger me. Then I decided to dissect what I was offended over. So many of us have had traumatic life experiences. Our stories of survival are often motivational to those around us. Our stories of survivorship inspire the next man/woman matchin our frequency to give our love a try. Then BaM! Our emotional traumas are revisited and relived in the most horrific love experiences ya ever wanna have. So many of us find ourselves stuck on this hamster wheel. Often times, our stories are our personal mouse traps. It's the power of words that trips us all up. Take me for example. I have been venting nearly 2 years over the heartbreak I have suffered from my twin flame union. No matter how hard I focused, I could not break the stories of deception, abandonment and isolation. In the midst of venting during a session with my sacred heart specialist, she allowed me to finish my point and replied with "Tell better stories...!" The inner child in me wanted to throw a tantrum. How dare she tell me such a thing. Then it hit me. I was relivin some ol stale ass memories that didn't feel good to make, let alone relive. Meditating with the background thought of "telling better stories" felt foreign initially. I felt like I was telling myself untrue fairy tales. Then 1 day, all my pain matched up with the stories I was recreating. That's when I realized my eternal love for not only my twin flame, but also my soul mate. Both of these men have fathered my 2 children. Telling better stories helps me see what truly matters. Which is unconditional love.