

## CHAT NOTES FROM 08/25/2021 HIGHSPEED HEALING UNIVERSE CALL

From Debora Wayne to Everyone:  
THE BIG "C" (CONTROL) ONLY LEADS TO CHAOS

### ASK INSTEAD:

WHAT CAN I CHANGE?  
WHAT IS OUT OF MY CONTROL?  
WHAT DID I CAUSE?

THE BIG "C" WORDS: CONTROL CAUSE CURE CHANGE CARE CHAOS  
COMMUNICATE

WHO AND WHAT ARE YOU SUPPOSED TO CHANGE AND CONTROL?

CLEAR COMMUNICATION IS KEY

WE NEED TO COMMUNICATE OUR BOUNDARIES

PROVIDE A CLEAR MESSAGE

HAVE CLEAR COMMUNICATION

KNOW THAT WE ALWAYS HAVE CHOICES  
EVERY DAY IT'S ALL ABOUT CHOICES

CONSCIOUSLY CHOOSING = TRUE POWER  
YOU ALWAYS HAVE A CHOICE OVER EVERYTHING AND EVERY THOUGHT

### **HOMEWORK:**

\* **IN ONE COLUMN MAKE** A LIST OF EVERYTHING AND EVERYONE THAT IS BOTHERING YOU.

\* WRITE DOWN WHAT YOU DON'T LIKE AND WHY?

\* **IN ANOTHER COLUMN** ASK HOW DOES THIS AFFECT ME?

\* **ASK:** IS THERE AN ACTION I NEED TO TAKE? A BOUNDARY I NEED TO SET ? SOMETHING I NEED TO SAY OR DO?

\* AM I STUCK IN FEAR? OR WILLING TO TAKE AN ACTION I KNOW I NEED TO TAKE?

SOMETIMES THAT ACTION MEANS BEING SILENT AND DOING NOTHING  
OTHER TIMES THAT ACTION IS SPEAKING UP STANDING UP BEING SEEN AND

HEARD SETTING BOUNDARIES

***IS MY CHOICE COMING FROM LOVE OR FEAR?***

quick q- you mentioned a book in a previous session, something “love bond?” What was the title and author?

THE BOND AUTHOR IS : LYNNE MC TAGGART HIGHLY RECOMMENDED! explains the science/physics behind LOVE.