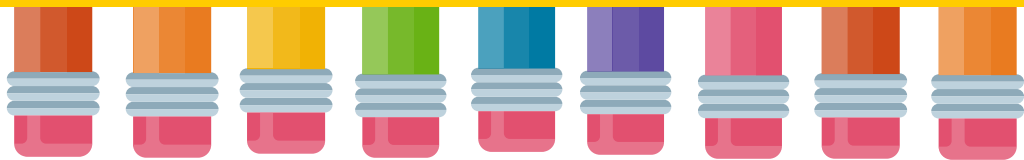
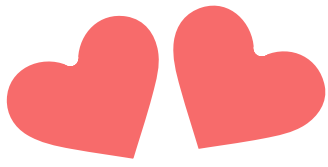


5 WAYS TO LOVINGLY RESPOND TO EMOTIONS



Presented with ❤️ by:





Hi Prana Boosters! Emotions are a tricky thing. Most of us were raised to not show emotions and if we did we often got in trouble or even punished for showing them.

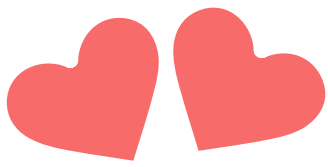
Of course this depends also WHERE YOU SHOWED these emotions. If at home, maybe it was more acceptable, however, in public this would be absolutely unacceptable.

There is only one problem with this: **WE ALL HAVE EMOTIONS! EMOTIONS ARE A NORMAL PART OF LIFE!**

There are many things in life we cannot control, however, one of the things we can control & learn to manage is our emotions. This includes: how we think & what we think about, how we speak, how we act, react, & what choices we make. Sometimes we feel we have no choice in life, but we are always in control of our own energy, emotions and our attitudes.

"MY AUTHENTIC POWER comes from making choices. I get to make choices all day long. I get to choose how I ACT, how I FEEL, how often I CONNECT, what I THINK about, how I SPEAK & what I CREATE." ~Tina Louise Balodi





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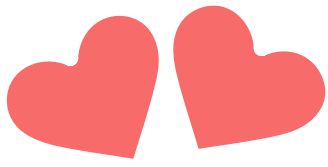


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Everything I am working on with my life's purpose and everything I write, stand for and teach is about aligning our energy and being mindful of ourselves at home, out in the world and especially in parenting. My biggest mission is to understand, raise awareness, prevent, &/or limit the amount of Pain We Can't "See" With Our Eyes...a.k.a. Emotional Pain. This is pain that we may consciously or unconsciously/intentionally or unintentionally inflict upon ourselves and others. We can only do this when we Raise Our Emotional Intelligence.

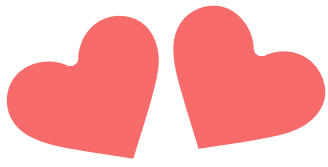
What is Emotional Intelligence?

noun: skill in perceiving, understanding, and managing emotions and feelings.

Abbreviation: EI. *Dictionary.com

At times, we all need "physical proof" of our pain. This often gives people permission to give compassion and help you and comfort you. But if they can't SEE IT, most people don't know it's there, or they don't know that you need extra love or they don't believe you're in pain.



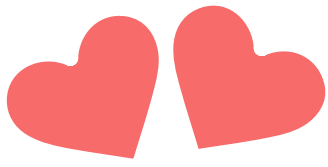


When we carry emotional pain in our bodies and in our hearts and souls, people often are not aware of our pain. In my forthcoming book, *The Prana Boost Method of Parenting™*, I mention that when I was little the big requirement for staying home from school or getting sent home from the school nurse was a FEVER! Boy, were you lucky if you could score a fever.

Your heart could be breaking, you could be an emotional hot mess, but unless you had some sort of physical ailment, you had to go to school. Blood, crutches, bandages, etc. you could definitely receive more love, kindness, compassion & attention. It's the same now, we as a society react differently to a sick child than an angry child, or a widowed man vs. a man who is divorced.

Emotional pain or loss can sometimes take a back seat to physical injuries or ailments. I believe we have to “up our game” and learn all we can about emotional intelligence and mental health so we can become more empathetic and compassionate. Words matter, energy matters, thoughts matter. How we treat others can have ripple affects throughout our families, our schools, and our workplaces.

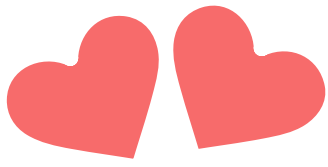




Years ago, sometimes when we would take a trip and step onto the airplane, if I got a chance to see the pilots, I would ask them how they were. I would wonder if their energy was aligned. Did they have a fight with a loved one or forget to set their alarm and woke up late, or felt scared because of a weather report. I know, it's crazy, but I have always been a bit of a detective and have wanted to go deeper to see how people really felt. Um, and THEY were flying our plane!

I have also been gifted with being clairsentient. I can "feel" what someone might be saying, without them needing to say it. To some degree we all intuitively can do this. Have you ever asked someone how they are and they answered loudly, "FINE." Clearly they were not fine, but this what they told you. The truth is that when we see other people even friends and relatives, we do not always know what is going on with them. We do not truly understand if they are in any emotional pain or what they may be really experiencing.



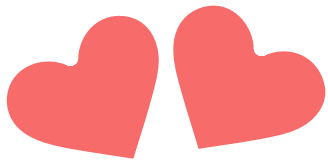


SIDE NOTE: “I’m FINE, may really be heard and/or translated as, READ THE FINE PRINT! If you hear this response, there is more going on here. You may decide to dig a little deeper. If you feel safe & connected to this person, search for clues. Let someone know you are there for them if they feel comfortable being vulnerable with you. If not, at least offer some extra loving kindness.”

I believe that everyone has some kind of “pain” beneath the surface either physical or emotional. Our society is so geared towards reacting or supporting others in their physical suffering, however, emotional or mental health seems to take a back seat. One of the hardest things is to offer another what we cannot even offer to ourselves. So if we are not kind to ourselves in regards to our Emotional Pain, we often struggle to offer kindness, empathy and compassion to others when they show or share their emotional pain.

This means we need to first find ways to honor OUR OWN feelings and emotions, so we can offer this understanding to others.





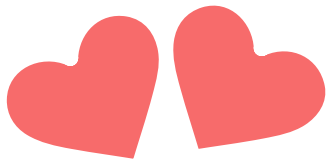
In parenting, I believe that nothing is perfect, we will all make mistakes and we will sometimes “hurt” each other with our words, lack of words, responses, emotions, etc.

If we can RAISE OUR AWARENESS and evolve our emotional intelligence, we will be able to understand that what we say and how we interact with others really really matters. We might catch ourselves acting in a way we don’t find kind or loving. We can immediately shift our energy and “notice” what we are doing while we are doing it. Or acknowledge soon after that we were aware of our misaligned energy and make amends.

The more we focus on happiness, positive thinking and positive emotions, the more we will experience a positive life. The best way to do this is to raise our awareness, become mindful of our own emotions & reactions, & choose happiness.

"NEGATIVE THOUGHTS AND NEGATIVE WORDS, CREATE A NEGATIVE REALITY."
~BRUCE H. LIPTON, PHD





We can only choose this if we are acknowledging and experiencing our emotions properly.

This is AWARENESS. MINDFULNESS.
EMOTIONAL INTELLIGENCE.

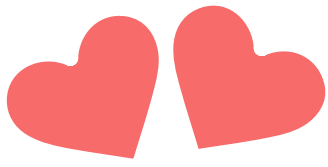
If we can inspire our children and guide them and educate them from a very young age to notice their own feelings and emotions and then to understand that everyone has feelings and emotions, I believe we can promote well being rather than bullying.

I believe we create a world where emotional health is equally important to physical health and is acknowledged as such. In order to do this we must make emotional intelligence a priority in our families, our homes, our schools, our communities and our work environments.



PRACTICE
MAKES
PERFECT

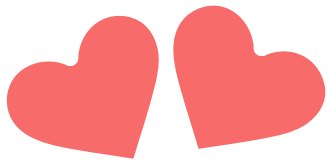




The most common ways that people react to emotions are often: anger, impatience, fear, lying, distraction, frustration, denial, annoyance, or confusion.

The problem is that these are more FEAR based negative responses, that cannot help someone who is experiencing an EMOTIONAL EMERGENCY.





We must learn new ways to respond with love to emotions since we all have them.

This new response method may help everyone choose a healthier, nonviolent way to respond.

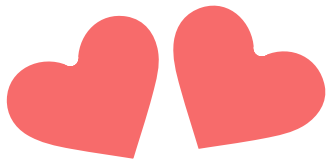
My intention is to help adults and children remember quickly what might feel best “in the heat of the moment.”

Most of us enjoy CAKES. :)

One morning I woke up and remembered my dream...I visualized the following words as layers of of a rainbow Cake. Then, thought to create this image so it would be:

A PEACE OF CAKE TO LEARN™ :)





Emotional Intelligence is:

- ♥ Being aware of one's emotions & also the emotions of others.
- ♥ Being able to recognize & manage emotions
- ♥ Being able to assist others with THEIR emotions.
- ♥ Once we have awareness of feelings & emotions, we may offer the following responses to ourselves & others.

5 Ways to LOVINGLY Respond to Emotions:

C=COMPASSION

A=ATTENTION

K=KINDNESS

E=EMPATHY

S=SOLUTIONS



A PEACE OF CAKE TO LEARN™



Prana Boost Emotional Intelligence **CAKES™**

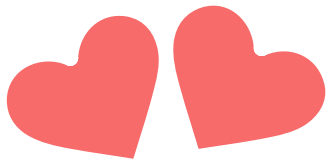


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5 Ways To Lovingly Respond To Emotions



COMPASSION = Compassion is the response to the suffering of others that motivates a desire to help.

Example: "I am so sorry to hear that this happened. What can I do to help?" "I know you have not been feeling well, can I help with dinner?"



ATTENTION = Attention is the act or power of carefully thinking about, listening to, or watching someone or something.

Example: "I am here, tell me more." "I can sit here with you as long as you need."



KINDNESS = Kindness is the act of going out of your way to be nice to someone or show a person you care.

Example: "Here, let me help you carry those groceries." "I will get the door for you."



EMPATHY = Empathy is the feeling that you understand and share another person's experiences and emotions; it does not mean you feel this way or agree.

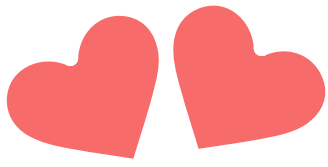
Example: "I can hear how upset you are." "I can understand why you are so sad."



SOLUTIONS = Solutions are a means of solving a problem or dealing with a difficult situation.

Example: "Together maybe we can think of what to do next." "You always have great ideas, I would love to help you think this through."

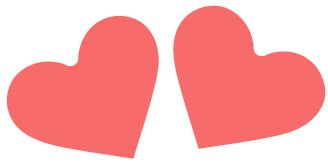




We all have many layers to us and our emotions. My intention is to help us to understand our emotions better, so we can understand everyone else's emotions as well. Then we can help our families navigate their emotions. Let's make Emotional Health a priority!

Remember, we ALWAYS have a choice in HOW we think, act, speak, and feel. We have to make a choice and decide how we will react & handle emotions in everyday life.





Owl help you, I am a Prana Booster!™

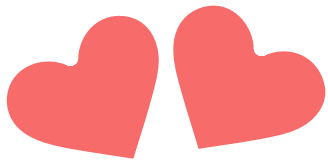


A Prana Booster™ is someone who understands
WE ARE ALL ONE. WE ARE ALL CONNECTED TO EACH OTHER.
A Prana Booster™ sees the world through loving eyes
& offers compassion & empathy to others rather than judgment.
A Prana Booster™ is committed to using mindful language
that will "uplift/boost" & add to the well-being of another human
free of blame, shame & guilt & filled with loving kindness.



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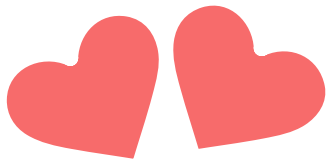




HOW CAN I LEARN MORE?

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- Like Us On Facebook - Where we post Prana Boosting™ quotes & affirmations daily!
- Subscribe to our YouTube channel
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COMING SOON:
PRANA BOOST ACADEMY™

OUR NEW COURSES WILL BE LAUNCHING SOON!

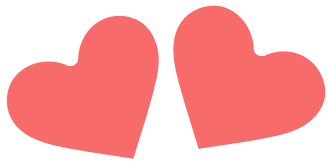
Register your email at: www.pranaboost.com to
be notified when we Launch.

The First 2 Courses in Production are:

10 Secrets To "High Vibes" In Your Home (FREE)

Feeling Your Way Through Parenting™ (\$=TBD)





Affirmation:

“I choose to see this differently.
I choose to see this with LOVE.”

Learn more about Prana Boosting!™

Sending love and light to everyone
on this beautiful day!

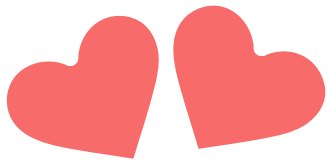
Wishing you health, happiness, peace, joy,
abundance, prosperity and LOVE♥ today and
always!

Namaste

With love, appreciation, & gratitude,

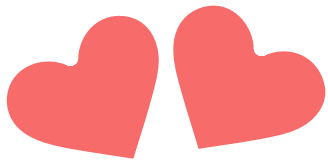
Jina Louise Balodi





Tina Louise Balodi
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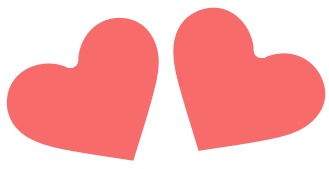




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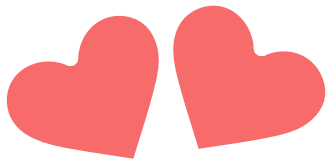
Tina Louise Balodi, a.k.a. Prana Boost Momma, is an author, speaker, Life & Soul Coach, New Age Guide & Parenting Mentor, Mommapreneur, Researcher, and humble student who is raising her family to follow their intuition and always remember they are a spirit having a human experience. She is the Co-Creator/Founder of PranaBoost.com & Pranaboostparenting.com and she has been co-creating everything in life for 21 years with her best friend, business partner, Soulmate/Twin Flame husband, Alan. Together, they are raising their little girls, Isabella Sara (11) and Gabrielle Alexa (9) consciously & mindfully, using all the techniques she shares with others and empowering families to co-exist, love and thrive while following their own hearts and intuition. She is the author of the forthcoming book, *The Prana Boost Method Of Parenting™: A Guide To Mindful Parenting Through Unconditional Love, Intuition, Nonviolence & Emotional Intelligence*. Her unique parenting skills also include: Crystal Healing, Angel Cards readings, practicing EFT-Tapping with her kids, balancing everyone's chakras & making decisions using Penjie™, her pendulum. She helps guide & educate people on the benefits of RAISING THEIR AWARENESS. Tina is a thought leader & thought shifter, an awakener, & speaker/entertaining storyteller. She enjoys working with individuals & groups of people to increase their Mindfulness and Well-being and BOOST THEIR PRANA(a.k.a. Life Energy/Breath). She is a Prana Boost Lifestyle Expert™. Tina coaches individuals & families how to create a lifestyle vision for their lives & families that aligns with their authentic selves and core values. Her biggest passions are: Inner Personal Transformation, Mindful Language, Emotional Intelligence & Mindful Parenting. She is also the host of a podcast show called *The Prana Boost Show™*.





The Balodi Family





The Balodi
Family

