



Hamster Alert Protocol

1. **NOTICE** that your friend the hamster is in town.



2. **SKIP** any urge to chide or reproach yourself for having a hamster.

3. Receive 10 points for AWARENESS in NOTICING you have a hamster!

4. Tear your eyes away from the external event.

5. Feel into your own self, your walnut.

I. Don't over complicate this. You will feel the simple truth of it in your heart. Just listen; feel in. EFT is great for this!



6. What is it in you that needs healing?

Maybe it's not that your boss doesn't appreciate you, but maybe you don't appreciate you... That internal appreciation is what needs to be cultivated.

I. Do you do this behavior too and are now ready to notice it?

II. Do you wish you were actually more like this person who bugs you?

III. Is it a wound inside of you that has had salt rubbed on it, and now has your attention? If we didn't fear this was true about ourselves it would not hurt us.

7. Hold that part of you with tenderness and care, as you would a child. Say you are sorry, that you forgive it, that you accept it, that you LOVE you. Not in *spite* of this tenderness inside of your walnut, but *because* of it.



When we love and accept all of us, even the parts we fear are ugly, then we are experiencing true love, divine love.

8. Feel the peace that will invariably come over you in this moment.

9. Repeat every 5 minutes if necessary!!

This will get easier and easier over time.

