



## Using Frustration

by Rebbie Straubing

*My recipe for dealing with anger and frustration: set the kitchen timer for 20 minutes, cry, rant and rave and at the sound of the bell, simmer down and go about business as usual.*  
Phyllis Diller

Here's the great thing about frustration.

It means you can taste it. You know what you want. You're clear. You've even got some momentum. You're soaring toward the fulfillment of that desire.

And then, what happens? Something gets in your way. Like a sudden bottleneck on a free flowing highway, you've got to slow down and change gears. Not fun.

But very useful.

The only problem is we don't usually use it. We usually make it worse.

### Digging the Ditch

Here's what usually happens. We encounter that roadblock and, since we've got so much momentum and this reduction in speed is so unpleasant, we try to press through it. We push. And we push.

If you're an action type, a really good "doer," you'll probably keep taking action even though you become increasingly ineffective.

If you're a mental type, (I'm one of these) you'll keep coming up with more and more complicated plans and detours to get you past this roadblock even when it's hard to ignore the smoke coming out of your ears from the over-thinking.

Either way, you're digging a ditch that gets harder and harder to climb out of. You've seen it when you spin the wheels of your car and deepen the rut you're in. You just get more stuck.

### Moving Mountains

There is another option. Not only does it get you out of your rut, but it can move mountains.

Most of us don't think of doing this. Most of us don't know how to do it. And most of us could harvest huge success from our frustrating moments if we would simply take a different approach.

The trick is to stop spinning those wheels. Stop taking those ineffective actions. Stop complicating the issue. Stop thinking about it all together. That's the first step.

And when you look at the situation somewhat objectively, you'll see that not much is lost by doing this for a few minutes. You were not moving forward anyway. You were probably making things worse. So take a break and try something else. You will not lose ground.

In fact, this is the way to get back to your soaring pace.

### Getting a Tune Up

If your car squeaks and sputters, you don't repave the road. You fix the car. But when the gears start to grind on your plans to make something happen, what do you do? Try to change your partner or rearrange the conditions?

Here's an alternative. Take a moment to bring yourself into alignment. It's like bringing your car to the shop. The mechanic will not be concerned with where you want the car to go. You don't have to tell her your itinerary. She'll just get your car into alignment.

I'm suggesting you do that for yourself. Forget about your to-do list for a few minutes and bring yourself into alignment with your heart's desire. Then, watch for inspiration. Your thoughts reveal new possibilities and your actions are effortless and effective.

### Try This

In those moments of frustration, stop.

Sit down.

Close your eyes.

Become aware of your energetic spine (the vertical line that runs through the center of your body).

Feel that axis as pure light.

Feel that light as filled with the wonderful feeling of your fulfilled desire.

Bask in that feeling. Sense the river of satisfaction that runs through the center of you. Let a smile come across your face. Let a sense of ease fill your spirit. Let a wave of relaxation soothe your body. Know that your path is, right in this moment, becoming clear and broad and light and smooth.

Once you can feel a sense of relief or clarity or happiness, open your eyes.

Now take a break. Go for a walk or mow the lawn or play fetch with your dog. Do something completely unrelated to your project. As soon as inspiration comes, turn your attention back to your project and behold the new direction that reveals itself through your new clear thought. Watch for the artwork of Law of Attraction in your life. The phone rings with the solution to your problem. A seemingly random conversation reminds you of a forgotten resource. A child asks you a question and as you answer it, you hear the answer to your own question come out of your mouth. It can come in funny and surprising ways. But your alignment is always the fastest and most enjoyable way out of your rut.

Once you get practiced at this, you begin to celebrate your moments of frustration because they are reminders to tune your vibration. Then you can easily restore your momentum. And your journey becomes enriched by the slight detour.

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