

FARC

♡ Be a FARC-er ♡

♡ The formula to navigate and transform the tough stuff in life. ♡

F

FOCUS

on the experience
and the feelings
with it.

- ♡ Be present with what's happening.
- ♡ Notice the thoughts, sensations and emotions.
- ♡ Feel into the experience without judgement.

A

ALLOW

the feelings to be felt
and let them flow
through you.

- ♡ Be aware of the lesson.
- ♡ Acknowledge others' role in the gift and what they've given you.
- ♡ Let the emotions move through you – don't resist them.

R

RECEIVE

the lesson, release
and receive the gift.

- ♡ Receive the lesson.
- ♡ Release the feelings, emotions and fear.
- ♡ Recognise the pattern – see what repeats.
- ♡ Receive love.
- ♡ Receive the gift in the situation.

C

CONSCIOUSLY CHOOSE

compassion and love
for yourself and for others.

- ♡ Be curious.
- ♡ Consciously choose gratitude.
- ♡ See "CEE" for what it really is – a gift.
- ♡ Choose to be curious about what is really going on.



We are all here for each other to teach, learn and love. ♡

Everything is a gift. It's just the wrapping that changes.

♡ www.Amandagore.com ♡