

# 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](http://www.Amandagore.com) ♡