

FIVE INSTANT WAYS TO DROP THE FLAME



To help save yourself (and those around you) from becoming victims of anger, check out the *Cheat Sheet* suggestions below.

Call Your Best Friend - Krishna!

Pray to Krishna for the intelligence to know what to do or say.
Calling out to Krishna is the ultimate state-changer.

Take a Deep Breath!

Deliberately take slow, deep breaths. It will calm you down and bring you back into the present moment.

Head for the Hills...

Change your environment. Go to the next room to cool down or head to nature (places with water, like streams or beaches are best)

Visualize your way to Success...

Seeing yourself in your mind successfully controlling your anger...
remaining calm in spite of all provoking circumstances.

Repeat the mantra

Remind yourself to remain calm. You can do it. You can handle it.
Remember "*Calm is Strength*"

Practicing the above five suggestions for dropping the flame, will help you to immediately access the power of calm.

Keep your calm... and you keep your strength... it's as simple as that!

Free audio (13 mins) about how to apply these strategies - [CLICK HERE!](#)