

# SN-L Consulting

Helping Individuals and Organizations  
Reach Their Potential



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May 2014

**H.O.P.E.** (Helping Other People Exhale) **Newsletter** Compliments of SN-L Consulting

The H.O.P.E. Newsletter features *matter of the heart topics*. Your suggestions for topics to feature are welcomed. **All Newsletters are posted on the website.**

**This Quarter's Featured Topic: Choose Peace:** People generally make choices on three levels: *Choices that build them up; choices that bring them down; and choices that make them break even.* I have come to the conclusion that most people make break even choices, simply because they don't make conscious choices. Of course all choices have consequences. Whether we view the consequences as positive, negative, or neutral is also a *choice* we are making. When life happens and we find ourselves challenged, we can make a conscious choice: a choice that builds us up. In the midst of our life situations, **we can choose peace.** *Choosing peace requires a paradigm shift in thinking.* Here are some principles that I practice that have been helpful and have enabled me to look at all life situations and circumstances as *neutral* thus allowing me to maintain a sense of peace in the midst of a storm.

- I already have everything I need, inside of me, to get me through any life challenge.
- I can choose peace.
- All situations are neutral until I name, label or judge it thus creating a problem in my head.
- I can choose not to oppose the flow of life no matter what form it takes.
- Not feeling peace is a sign of error in my thinking.
- When I am suffering something within me is in conflict with something outside of me.
- I can retrain my mind to process life as it is rather than what I think it should be.
- Whatever I accept completely will take me to peace including I cannot accept that I am in resistance.

**Sondra-ism:** Make friends with the present moment.

**H.O.P.E.:** Host a Complimentary Session in Your Home

Invite guests to your home and select a *matter of the heart topic* you would like me to facilitate. Call or e-mail if you are interested in more details about hosting.

**Next Newsletter:** August, 2014

**In the meantime, keep on exhaling!**