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# Emergency Procedures

## When Debt is Strangling You

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By Kamin Samuel

As a former Navy Helicopter Pilot, I had to study my Emergency Procedures for hours to ensure that in the case of a lost engine, leaking transmission, or any other failure, that I knew within a blink of an eye the steps to take to recover, without thinking about it. We practiced our EPs all the time, more than any other procedures to ensure we were prepared.

When it comes to debt, lack and challenges, Emergency Procedures can be very useful. Over the years, I've found that I've shared the same 7 steps over and over again to assist people who were immediately in the agony of a situation. And, they are the very ones, I had to use myself, while I was going through my financial troubles and truly guided me from struggle to success.

If you are in the middle of a challenge, you just received a bill, an audit, a call from a creditor, or you've received a bad report of any kind, read these procedures below. Take them in. Know that many others have used these successfully and do them as often as you need them to guide you to your own success.

1. **Breathe.** Seems like a no brainer but it's really a choice. Just take one breath at a time. I remember when I received an IRS audit and the foreclosure notice on my home the same day. I lost my breath for a moment. I had to choose in that moment to breathe and to keep breathing. I couldn't do anything else in that moment but choose to breathe and breathe out...until the tears caught up with me and flowed with great force. So just breathe.

2. **Ask yourself, "Am I safe in this moment."** Many times when we're in these challenging situations, we think we can't survive. We think the world is crashing in on us. This question asks us to pause and take stock of what is happening in the moment. And, in this moment, are you safe...from yourself or others? It's an important question. If you're not, find safety quickly. Ask for help. If you are...

3. **Get Present.** Take a look around. Do you have a roof over your head. Be in this moment...and in this moment, NOW, all is well. Yes, you may have bills to pay but right here, right now, all is well. Really.

4. **Be Grateful.** Find 2 or more things you can be grateful for. They can be as simple as you have food to eat, you're still here, you have your health, you are loved, etc. The Universe loves gratitude and when it sees we are grateful, It gives us more to be grateful for.

5. **Do the Wealth Exercise.** I've added the video again below for your viewing. *The Wealth Exercise* is about raising your vibration and reaching for the next level of believing and attracting what you want in your life. It's really a stair-step up to the next level. Not a leap, just incremental increases in what you believe just might be possible. [http://youtu.be/xKbO\\_Om\\_au0](http://youtu.be/xKbO_Om_au0)

6. **Do that which is before you.** So many times when I was in the thick of my challenges, I'd say "I don't know what to do!" I think I first read this from Marianne Williamson in "Return to Love" but I know I heard it many times from my amazing spiritual practitioner, Reverend Diane Harmony. Whenever I'd say, "I don't know what to do," I'd hear, "do that which is before you." I'd have to pause and get quiet and ask myself something like, "what's the action that's calling me?" And, invariably when I got quiet, someone's name came to mind to call or a task came forward to take action on. And, I took that small step forward, whatever it was. And, in that moment, I forgot my woes.

7. **Acknowledge Yourself.** This is a HUGE important step! When you are struggling, it's important to acknowledge yourself for each step you take. Praise yourself for surviving. High-five yourself for making that call. It's so important to acknowledge yourself as you go along as it gives you courage and inspiration that comes from within to take the next step. So go ahead, give yourself a standing ovation, just for reading this far...and for any and all accomplishments in between!

Okay, Bonus Step...Rinse and Repeat! Repeat these steps as often as necessary as you work yourself up the wealth ladder. You'll find these steps helpful in everyday life, not just in emergency, so revisit often.

If you want to learn more about getting out of debt, I invite you to receive a free PDF of my book, *Increase Your Abundance Starting Today!* by visiting [www.KaminSamuel.com](http://www.KaminSamuel.com)