

HONORING THE WISDOM AND FLOW OF OUR EMOTIONS

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My life was run by my emotions - positive/ negative - and judgments about them. When I was feeling good I wanted things to continue and when I felt unhappy or stuck I wanted things to change. This is my innate wisdom speaking to me as energy through my emotional body, always got my attention. My experience of emotions are that when I sit still with the “negative” emotions - lack, suffering, confusion, etc. are trying to tell me what I need to focus on next. Positive emotions of expansion and feelings, I wanted to express more through open doorways when I was connected to the Divine.

HOW EMOTIONS GUIDED MY TRANSITIONS:

How many people do you know who have had a different career in every five years with each one naturally leading to the next under the guidance and direction of the Divine? This is my journey...

The 70'S and 80's

My career path went from making macrame' items - I love to do crafts. A professional psychic doing readings because I love helping people through intuitive guidance. As a medical facilities interior designer, Spirit showed me how to create environments that heal for the patients. Successful and burned out, I asked myself what's next? What did I love to do? It was working with people.

The 90's

I made a complete break from design and started living and working with at risk teenagers - “speaking directly into their hearts.” Wanting to know more lead to my next career as a certified clinical hypnotherapist, I began to work with people and things that were “difficult” for them to experience whether it was an emotion or an experience.

The New Millenium

Having had my life guided by Great Spirit and the Angels of Light for years, I asked what should I do to have a right livelihood (something I could do from the resources of my land that would generate an income.) I channeled a new age rune oracle, *The Runes of the Four Realms*, visit www.insightfulrunes.com. My intention was to create a tool for people to directly connect with their inner wisdom and divine energies.

NOW

My current profession and passion - Intuitive Life Coaching - blends the best of all my skills and worlds: working with people, using my intuition and empowering people to lead their own inspired lives. I love taking people

through their own “life flow” using their emotions and desires as starting points to their inner wisdom and direction.

GOING WITH THE FLOW

How can you go with your emotional flow? Start by exploring your thoughts, emotions and going with their flow - both positive/negative. The goal is to become conscious of the process to embrace your emotions, their wisdom and guidance. Emotions can be used as guide posts to know what is working for us and what needs to be changed. Our “regrets” can show us our hidden desires and our unrealized passions. Career and relationship changes and timing are done wisely when understanding and honoring what it is that you are feeling and why. How many times have you had a thought or feeling had a negative connotation and wanted to push it away? They are very wise and productive for us when we have the patience to listen to and not be judgmental of our emotions and experiences.

WOULDA, COULDA, SHOULDA and our REGRETS

Often people come to me and say “I wish I had...” or “I should have...” or “I could have...” All of these statements are looking back on your experiences - with regret or as a potential opportunity. Honoring these thoughts and feelings allows you a freedom and flexibility to explore what is going on for yourself. Regret is a signal that something is still important to you. My job as coach is to explore with the client their desired outcome, starting with honoring where they are.

RECLAMATION OF YOUR EMOTIONS

The first step is to honor your current feelings or emotions whether positive or negative. They are there to give you information and to point you in a direction for your next steps. Imagine regret and opportunity as your inner wisdom reminding you of what is important to you now. They are always gifts and blessings needed for the next step on your path.

EMOTIONAL RECALIBRATION

The next step, “Recalibration,” means bringing yourself present with this information and a sense of who you are so that your thoughts, feelings and actions are all congruent with where you are now which automatically creates an authentic life. Clarity and emotional freedom leads people to want to “Recalibrate” their emotions in alignment with their new emotional insights. This is done by sitting with yourself and letting the new awareness, feelings and sensations wash over and through you. You have literally shifted your relationship towards your reality. There is an inner expanded sense of self, a feeling of hope and well being and a knowing that whatever feelings you have are purposeful.

EXAMPLES OF ACTUAL CLIENTS

Clients come wanting to change or enhance something. Here are a few examples from my practice.

A successful businessman felt solely responsible for his endeavor and expressed his desire to be more supported by the community. We explored how community members could help in ways to create an easy win-win. Without his feeling overwhelmed, he would never have explored better ways to do things.

A couple of young professional woman came to me complaining about their lives being “out of control.” and The core of their discontent was not dealing with their stressors, which they perceived as “not spiritual or evolved.” When asked from a neutral place if they felt they were doing the best they could in those moments they both replied, YES. This lead both of women into a deep spiritual journey inward from a loving place, they have a much deeper sense of who they are and have created inspired lifestyles inspired themselves.

STEPS FOR EMOTIONAL RECLAMATION AND RECALIBRATION

1. Listen to yourself (your thoughts, judgments, and feelings) then write down the regrets, desires, things that you want different.
2. Explore WHY you have the thought or feelings that you do for each item.
3. Look back at your life and the choices that you made and ask yourself if you made the best choice possible for yourself at the time. Keep looking until you can say YES to yourself.
4. Honor yourself for taking good care of yourself and making the best choice you could at that time.
5. Feel that love and care you have for yourself.
6. HOW would you now like to have the opportunity show up in your life now? This is turning the regret into an opportunity.
7. NOW go about the process of gratitude for always finding your way and manifesting your desires.

This simple process can be used to explore, honor, create and bring into present time all of those things we desire from a place of power and clarity. Regrets, desires and curiosity are great tools that remind us of our deep desires that we still want to manifest for ourselves NOW. The process is natural, powerful and leaves clients feeling a sense of relief and empowerment from the inside out. The results of doing this process is to create a way to use our regrets and desires to lead you to a life of authenticity and a feeling of well being. Emotions used as guide posts, show us what is working for us and what needs to be changed.