

Guiding your mind to a higher degree is not always easy to do
But if you try to, the POWER's inside you
If you can command it then nothing can stand in Your way.

The Force Within

Untangling Big Emotions

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TODAY'S DATE: _____

Next time you're feeling big emotions — fear, anger, shame, describe what you're feeling. You may prefer to describe what you're feeling in "one-to-two word" bursts--

It hurts. Awful. Scary. Drowning.

Just write whatever the words are and keep writing until your list has it ALL. Then close your eyes and ask yourself one simple question... actually ask THE FEELING one simple question...

"What are you?" Wait for the answer and be prepared to write down what you "hear".

You will be amazed with just how much you will learn.

Celebrate Each Step!