

Release of stagnant emotions, fear & beliefs!

As the energies increase throughout the universe, our consciousness will also expand, so more and more things become visible to us. Things we haven't noticed before. Things we haven't been conscious of before, we are now conscious of. That's why we see more and more chaos in the world, and we also see more chaos within ourselves if we have unresolved traumas, issues, or perhaps just small issues we become aware of.

When something surfaces, whether it's in the outer world or our inner world, we must always acknowledge it, give it attention, and love. And when we do that, when it's met with love and light, it will always fade away and disappear.

A good way to remember this is by seeing our emotions as if they were our little child. If your little child comes running to you crying because it has experienced a terrible event or became scared or frustrated, you would always comfort the child and give it attention, love, and after you've talked about it a bit and hugged the child, the feeling would fade away, and the child would go out and play again.

That's how you should also treat your own frustrated feelings. Your own traumas, or small issues that surface as you become conscious of them.

Many of us have been raised to shut down our feelings. We've been raised to pull ourselves together, be realistic, sensible, move on, and look at the positive. And if we do that, we can compare it to locking our little child in their room and saying we don't have time for it now. You must pull yourself together, be realistic, and be positive.

We would never do that to our child. But we do it to ourselves. And when we shut down or suppress our feelings, they will just make more noise, and we will feel worse and worse.

It's so simple. We just need to increase our consciousness and acknowledge and give our feelings love and attention.

Anxiety wouldn't exist as it does now if we dared to feel the emotion. What we are afraid of is the feeling and the story we've been told. But it's ONLY a feeling. It's ONLY energy. And when we "dare" to feel it. When we dare to accept it. When we dare to acknowledge it, it will always lose its strength. So the only thing that keeps anxiety alive is our struggle & focus to try to avoid it! Anxiety, fear, trauma, and worry can only survive in the lowest vibrations. In the lowest energy. So as soon as we become aware of it and conscious of our inner selves, we can change it.

But it requires insight into our inner selves and a willingness to change.

When you feel overwhelmed by fear, worry, and frustration. Then sit down and allow the feeling and figure out where it's coming from. What are you thinking? Is it old programming? Is it old beliefs? Or is it others' opinions you're afraid of?

Feel the emotion. Acknowledge it's in your body. Cry if you feel to. (It raises the vibrations within you) and then speak to the feeling. Say it's okay that it's there, but you're taking over

now. "Now that I've felt you and given you space, I choose to let go of you now." I choose now to focus on something that makes me happy or a more neutral feeling and then something that activates a happier feeling, as gratitude and love.

Maybe this exercise needs to be done a few times over the same issue. Maybe you only need to do it once. But every time you do the exercise, you release some heavy energy that keeps you down in vibration. You're doing an inner cleanup. So it's really worth prioritizing.

Exactly the same approach can be used when you're triggered by others. Instead of thinking, speaking, or reacting when you're triggered by others' opinions and behavior. Stop and say to yourself. "Oops, I'm being triggered right now by what he/she is saying or doing. What's going on inside me? Why am I being triggered? "What feelings does it activate in me?" What can I accept, acknowledge, give love to, and let go of.

Forgiveness is also a huge release of old stuck energy. So the more we forgive everything and everyone, the more we increase the energy within ourselves.

If we don't forgive, it's like taking a small amounts of poison every day and believing it's the other who dies from the poison. Everything we judge others for only affects ourselves. Since the condemning feeling we "think" is intended for others, is activated in OUR body when we talk about it!

Summary

Embrace all "bad" feelings and experiences, and they will neutralize themselves. If you try to push them away, they will come back again and again with more and more power.

ALWAYS say THANK YOU! For this experience, insight, or "bad" situation. THANK YOU for being aware of it, and when I am, I can ask myself how I can use this situation in a positive way! What do I need to pay attention to inside me? What can I learn from this situation? What's going on inside me that I'm projecting this situation onto the outer world.

What do I need to change inside me to create a different situation?

Because I KNOW that EVERYTHING I experience in the outer world is a reflection of what's going on inside me!

So if I want change, I need to change what I think, feel, and believe inside me, so I project a new and better situation into the outer world.

WE ARE ALL SO POWERFUL! AND THE STRENGTH IS IN KNOWING IT, BEING AWARE OF IT, AND WORKING WITH IT!

Enjoy 