



F.E.E.L. Feel Every Emotion as Love™  
Virtual Mastery Program



Michelle Bersell

*F.E.E.L.:*  
*Feel Every Emotion*  
*As Love*

*Virtual Mastery*  
*Home Study Program*  
*GUIDEBOOK!*



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

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Michelle Bersell

## **Welcome to the F.E.E.L. Virtual Mastery Home Study Program!**

I am honored that you have joined me, as I share with you how to make core changes that will absolutely enable you to access greater insight, clarity and energy to move forward toward experiencing your fullest version of you.

This guidebook has been created to help you to go in depth with each of the 21 lessons offered in this program. With each lesson that you listen to (audio) or watch (video), there is a corresponding lesson in this guidebook allowing you to integrate tools, transcripts, journal questions and take-action exercises to enhance your learning experience. The guidebook follows along each lesson, beginning with the introductory lesson and finishing with the final lesson, lesson twenty.

I have no doubt you are going to be amazed by what you discover on this journey to emotionally evolve even further. To gain the most from this program, I ask you to enter each lesson with a sense of openness and vulnerability. Be the observer of your own reactions and judgments. Most importantly, be 100% honest with yourself.

Throughout the lessons, you will find that I don't take on the role of infallible expert. I, too, share with you my own vulnerabilities for a few reasons. The first reason is to demonstrate that you are still going to have ego reactions. It is part of being human—I have them still and so will you. Second, is so you can recognize what we are meant to learn from an ego reaction. Third, so you can recognize the part of you that wants to judge ego reactions, both

within yourself and toward others. When you can recognize your judgment, you will identify an area within yourself that is not fully accepted and therefore an energy leak inhibiting access to further potential.

As with anything in life, the more you whole-heartedly commit to the F.E.E.L. process, the more that will be revealed to you, **Enjoy and honor this time, because your life is about to take some exciting turns that will allow you to live your life beyond your expectations!**

Here's to you living fully emotionally conscious & exceptionally well!

Michelle Bersell

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Hello everyone! Welcome to your introductory lesson on the ego. This is a very a important lesson that I want to begin you out with when it comes to understanding how to implement the F.E.E.L, Feel Every Emotion as Love, process into your life because the ego can be something that blocks you from moving forward but as you learn to understand your ego from a higher consciousness level, you're going to see that this is actually a tool that will support you to evolve.

So let's begin. To raise your emotional consciousness through the process of F.E.E.L, Feeling Every Emotion as Love, we will be getting into understanding and applying each feeling in depth in all areas of your life. So this is going to come into play when we talk more fully about different feelings and how this impacts relationships, your sense of self, your physical well-being, your emotional well-being, your careers and so on and so forth. Before we get into those lessons, it's important to assure that you can also recognize your ego and fears through the lens of love as well. And if you have read personal development books that discuss the ego, this is why this lesson is very important for you to get right from the beginning because there's so many messages about the ego being the terrible block, the instigator to your problems., the reason for all your challenges.

And this has been, you know, the ego has gotten quite a wrap even from very well-known people in the self help field, internationally renowned self-help expert Dr. Wayne Dyer who I'm sure you've heard of, states that ego is an acronym which stands for E-Edging, G-God, O-Out, EGO, Edging God Out. And Eckhart Tolle's book, A New Earth, shares the importance of becoming egoless in order to relieve yourself from the dysfunctions your ego creates. And I agree with what both they are saying that when you are living with the ego manipulating you left and right, you aren't truly living. And you feel like you're at the ego's mercy because it's sucking the joy out of your life. And so what's been important about works such as Dr. Wayne Dyer's and Eckhart Tolle's

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work is that it really is supporting you to see that this isn't your truth, that this is a false self and we can't go on living this way.

Now, what's happened is that conclusion has come from this work, from the work these self-help experts that are, or personal development expert, so they're trying to show you hey look, this ego, living by your ego running your life isn't working for you, some of them say fret out. You need to get rid of your ego and other's not quite but they don't really tell you what to do except for perhaps be more present, meditate, pray. All of these are very important tools that of course, you want to meditate and pray and be more present.

The difference with F.E.E.L is that you are going to be given a deeper understanding to your ego so that you're able to work with it so that the difference is, is that you're not going to see the judgment that is often stated in other experts. And you're certainly not going to hear me say you need to become egoless because the fact of the matter is that there is a reason for your ego. And what you're going to find with the Feel Every Emotion as Love program is that the love component says that there's no need for judgment. You don't need to judge your ego. You don't need to judge your negative feelings. You don't need to judge your fears. And so this is the big shift because even though, again, what experts had been sharing to you is true that we don't want to be reliant on the ego because that is a false sense of self. We also don't want to get in this unconscious battle within ourselves where we judge aspects of our self because this is doing us harm as well, because then the battle goes against ourselves where we start trying to get rid of something within ourselves that really has a purpose.

And so rather than get into this impossible fight of trying to get rid of something that actually has a purpose and spin our wheels, you are going to be given the purpose, you're going to be given the deeper understanding so you're able to work with these aspects of yourself. So see what has been limited is not the ego itself, or the negative



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feelings themselves, or your fears themselves, what's been limited is our understanding. And when our understanding evolves and grows, then we don't have the limited means and perspective as to how to address these parts, so rather than labeling them as something bad, something not for our highest good, we can actually see that hey, these are actually here to support us. And the more I recognize it that and work with my ego from this standpoint, not only is it the better off that you're going to be but you're going to be better off more quickly. You're going to get there easier because you're not again facing any internal battle or struggle or challenge where you're trying to get rid of that belongs to you and is there to support you.

So what the difference is, is that the underlying conclusion most experts come to in regarding the ego is for them to say, "Look, this is not serving your highest good," so your conscious work is to become egoless or somehow remove the ego. And the problem then becomes that when you judge a part of yourself as negative because the ego is within you, then you are further hindering yourself from feeling fulfilled and inhibit your ability to more, know actually no more of your highest version of self. So the reason is if you're stuck, and you don't recognize that you're stuck, but what's happening is when your energy is going to trying to get rid of something that you deem as negative or challenging, then that's where your energy goes, rather than your energy being put towards raising your consciousness or evolving so that you can experience more of your highest good.

So it's like you-- it's like the energy becomes stuck with trying to challenge something rather than evolve. So this leaves you in a catch twenty-two, because you know that your ego is manipulating you and that's not a good answer. And if you try to rid yourself of your ego and you enter this unconscious battle, by trying to become egoless, you end up judging your ability to do so. And let's face it, being able to become egoless is not going to be on your side. I mean if you really look at who you know is egoless, you

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probably don't know anyone personally. Maybe you can guess, let's say the Dalai Lama or Mother Teresa, maybe, they're egoless, but then again, these are just two people out of the billions on our planet.

So again what are your odds? And especially given that I bet you're life circumstances are pretty different from both the Dalai Lama and Mother Teresa. So going on this path of trying to become egoless is definitely going to leave you feeling judgment towards yourself. And let's ask if you really need to have more negative judgments towards yourself or judgment that there are some aspect of yourself that isn't good enough or shouldn't be a part of you. So, even worst is when this judgment becomes unconscious and then you don't even realize the degree and the depth of non- acceptance of yourself. And what you're going to feel is way down when you try to reveal more of your potential. You're not going to feel good enough, or you're just going to feel unhappy. And so this is the reason why the judgment needs to be eliminated so that we can approach this from the lens of love and consciously work with your ego.

Now to work with your ego means you understand that your ego serves a purpose. Now this in of itself is huge. If you get that your ego serves a purpose, you're already ahead of the game because you are less likely to engage in that internal battle. And when you shift from judging your ego to seeing that there's some rhyme or reason as to why the ego has the reaction that it does, you are actually empowering yourself. And now you are elevating your consciousness to a whole new level because your awareness is going beyond just pointing out how the ego's reaction doesn't serve you. And now you're on a-- a whole new point of stopping this crusade of trying to have your ego from acting out.

So this is the danger that we get caught into when our energy gets leaked in that way. Now you're realizing the reason underneath the reaction of your ego to better understand what you need to do in order for the ego to be less likely to flare up. And

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when it does flare up, rather than judge you seek understanding. Think of this approach as Feel Every Emotion as Love and why you raised your consciousness level emotionally similar to how we have learned how we have to raise our consciousness level as parents and in parenting and how we approach children. We have seen the impact, physical abuses left on children and it's, just a few generations ago that physical abuse was very prevalent. And yes, it still exist but many have learned to stop hitting, stop the physical abuse because of the very problematic impact that it has on so many levels beyond the physical. So when we were at that point, we were just focused on the physical impact not recognizing the other impact that it had on a child. And so we stopped hitting. And then what was going on was there was still emotional manipulation and there was emotional abuse to try to control children. And then we learned how detrimental the emotional was and we evolved once again to become less reactive and try to actually understand when our children act out and behave and react.

So this isn't to say that we don't have moments of parents or even if you're not a parent as observing children in which you don't react to children's behavior. Now as a parent, I continue to, if you're a parent you probably are still going to have those moments. And guess what, even when you learn how to Feel Every Emotional as Love towards your ego, you're still going to have moments where you react to your ego. The point is that just as with practicing understanding as a parent and in that practice, you are less likely to react or react to the same degree with your child. The same is going to occur with your ego. You're going to be less likely to react or go into a downward spiral or state of stuckness where you can't evolve. You're less likely to go to that depth and that's the key. And what really comes of practice is that you get the understanding right away. You nip it in the bud and you're like, oh, that's what this is about and voice that an old core piece.

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So through understanding your ego, just as with the parents in understanding the core reason a child is acting the way here she is, you're able to address the real issue rather than just the reaction. And so this is key. So now, rather than just-- where a lot of personal development has stage stuck you're saying the ego is bad. Look at the results and we focus on the ego reaction that's what been offered to you and in doing so, the only option is to become egoless. Now we're saying lets' not focus on the reaction. Let's understand the core. What is causing your ego to be triggered? And the answer is, is that your ego is always there by your side to help you cover up that which you would rather not see within yourself.

I'll say that again. Your ego is always there by your side to help you cover up that which you would rather not see within yourself. So right there, the answer is, is that your ego is actually present to support you to begin to see more of yourself and accept in honor and love all of yourself. Again I think this is huge. And with understanding that this is your ego's role, and it's not to trip you up even though it does a heck of a job in doing so and by the way, when it does, it's not like I'm always thinking of the ego in a loving way. I mean sometimes I can say lovingly and jokingly, oh you got me again. But sometimes I get quite fed up with the ego. But you know what, that's love too, is to be fed up enough that we say no longer. And no longer means I choose my essence and the feelings and the needs of my essence over the ego and its fears and its stories.

So you probably heard me say this before, the ego's role is that protection. And this really sums back from when we are children because when you are young, you have to acclimate to whatever your human environment is. You don't have a lot of choices as a child. So of course your first ways as an infant to get your needs met is by sharing your feelings. But down the line, you're going to see that not all the time, and for some people, not at all, expressing your feelings mean-- it doesn't necessarily mean your needs are going to be met. You're often learn than to contain your feelings because the

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feelings point is to get attention. And at first this attention is to get other's attention when you physically and emotionally cannot meet your own needs and then later on as an adult is to get your own attention, okay.

And then what happens is if your feelings aren't being met or if your feelings can't get your needs met, then your ego comes in into action to shift your perception in some way in order for you to be able to keep moving forward without having all your needs met. This is so extremely vital to us in our youth, when we are surrounded by a plethora of circumstances that may not suit your highest good in that moment but you don't have control over it. And you don't have the emotional and intellectual maturity as to know how to handle those types of experiences. So while you're in this learning phase, the beauty is you are protected. That's the ego's job is to protect you. And so right there we can begin to shift our lens to see the ego with more love.

And as your emotional and intellectual maturity evolve which is about the time you gain more independence, you are meant to begin releasing your reliance on the ego. And what happens with emotional maturity is you become aware of how you throw stones on your own path. You start to realize that you are doing certain things that are causing your life not to go as smoothly. You see that it's your own insecurity that makes you not really present in front of others and then you lack connection with others when it's your deepest desire to have a deeper connection with either an intimate partner or friends.

And so although this acknowledgment is painful, it supports you to realize the reasons why you're throwing stones on your path. That there were, this was once mode of protection for you into not having your needs met. And now it's no longer serving you. It's inhibiting you. And this is where your ego comes into the second part of your life as an adult to help you recognize where the emptiness now exists. So you see your ego has done its job of covering up the emptiness while you didn't have a choice to having that felt.

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And now that you have the maturity necessary to fulfill your life's work, the first step is to let go of your reliance on the ego because the more you let go of your reliance on the ego, the more you are showing that you have the internal strength to provide for your essence or your authentic self to meet the needs of your essence or authentic self. And rather than look outside of yourself to have your needs met, you now have the ability to meet your needs from within. And you do this from what you give to yourself by fully loving, honoring, and caring for your authentic self or essence. And as you emotionally and spiritually evolve, you are able to see your ego as an indicator of what needs to be addressed. Your ego is the perfect indicator to support you to see where you are buying into falseness rather than your truth. These are vulnerabilities you would not be willing to address if it weren't for the ego pain involved.

So as much as the ego is a pain in our butts, it ultimately is that pain that awakens us and it says wait, something's not right here. And ultimately, what your ego does in your adult life is to support you to own more and more of your truth by helping you realize what is not you, that is which is your false self. So what is great is that no matter what stage of the game you are in, whether you are seeing your false self for the first time or you are looking to release another layer of the ego's veil, after you've already shed layers upon layers previously, it doesn't matter. It doesn't matter because the protocol is the same. You must be willing to listen to your negative feelings and fears.

And what's interesting is, is that the more evolved you become, the harder this can be for some people who have really emotionally and spiritually evolve because a part of you saying, been there, done that. I've had a lot of people say to me Michelle, I've been to therapy. I've cover a lot of the core aspects within me but what's key is, is that you continue to grow and evolve and so every stage of your life, you can reflect on what isn't working for me currently. And that's going to change as you grow and evolve. What once worked for you at one point and it suited your situation fine may not work for you

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any longer because you have advanced in your understanding. And so there's another layer of reliance that you weren't even aware of that is now coming into your awareness so that you can grow and evolve further.

So an example of this is this man that I've been working with. His name is Ralph, and Ralph is just a very extremely energy worker. He's a very advanced energy worker. He has traveled around the world working with energy learning concepts from ancient times, from Shaman to really apply energy healing work into his life and to help his clients. And of course, through his process, a lot of this has been working on his own stuff. He's been to therapy. He understands blocks from the past and issues that he had with his mother and so on and so forth. So he was very well aware of this. It's not that he wasn't very conscious or aware person. Now the issue with Ralph was he had a couple of things going on. His marriage wasn't in the best of shape which is why he initially came to me but really what as underneath this was his won frustration and anger and sadness about his career. He knew that he had these talents to share and yet, his career wasn't as going as fast, or not as fast but as far as he'd like it to. He would like it to be more known so that he could really just sustain an earning for his family that would be comfortable. And he has been fortunate and that his wife has been the breadwinner and has allowed to pay for a lot of his training and his trip, and really he shares some sadness that-- well I don't even want to say shared. He didn't know the sadness existed. And see this is what's really interesting about Feel Every Emotion as Love is that even as advanced as you may be, it sometimes becomes harder to recognize some of these feelings that are there because a lot of his work is, oh I see sadness and I use my energy work with it then its gone. It's in the past. It's healed. It's shifted. But what kept coming up for Ralph when we would start talking were thoughts and stories where underneath I could hear his feelings. I could hear his pain. And this came from an old ego block of not being enough. So although this block may have evolved from stuff with his mom and so on and so forth, Ralph didn't really connect it to that. And quite

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frankly, it didn't matter. It's like he's been there, done that. He's already worked through all that. So to connect that with his mom doesn't matter.

The point is, is that there's a block in him in which he does not feel powerful enough. And so his pain and sadness, frustration and anger is that he feels that no matter what he does, it's not enough to be seen, to be validated, to get the acknowledgment that he so deeply desires. And so this was his ego block and his ego were saying, no. I'm beyond that Michelle. That's not an issue for me. I feel very, I feel very worthy with my work. I feel that my work is worthy. But what we had to get to is a pain, and so again being in that energy field, a lot of people that work with energy are afraid of the negative energy. But what we have to remember is that whatever we fear, we resist. And what resist persist. And so I had to demonstrate to Ralph that how this was persisting in his life, how it was persisting in his career where it wasn't able to sustain his family, and didn't quite frankly feel fulfilling to him. And then how this showed up in his marriage as he was very reactionary to ways in which he felt that his wife was giving him similar feedback by saying what he is doing is not good enough. And that really triggered the anger and the sadness to come out, more so in his marriage because he couldn't see how it was happening in his career.

So see, it's present and the first thing that you need to do is be willing to go to whatever pain is there. So again, a lot of times, if you're rocking and rolling in life and you feel pretty good because at least hey, you're, let's say you are doing work that is fulfilling to you or a lot of people, let's face it aren't, and you've been trained to look at the positive and you see that in having positive framework, it really supports you to move forward.

And that's fine, you can continue to use your positive framework but suspend it as you go through this Feel Every Emotion as Love process because you need to become conscious of the pain that does exist, the pain that you still want to address. And believe me, if you have found this work, you found the Feel Every Emotion as Love process, you



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are a person who is ready to address this. You have what's in you to do this. And so we can suspend that fear regarding negativity because even though you are going to be looking at your pain, and even though that does bring up negative energy, you're going to be looking at it for the lens of love. And through the lens of love, even the darkness, you will see light. And that light is going to be your next step to show you what you need to do to move forward. So again, every stage of the game, there is an opportunity to grow and evolve. And I mean I still use this process. It wasn't, well, it wasn't that long ago, couple of years ago when I wrote my first book. And I didn't really expect to be a writer. I just thought I would be a psychotherapist but anyways, out comes this book, and I couldn't, first of all, be more shocked and excited and so it just occurred to me that writing is really my passion. I love to write and I want to not stick with the traditional past of psychotherapy. I really want to be writer. So then, I got it in my mindset that I am meant to be an author and I just want to write and write and write and I have all these ideas of what I want to write.

Well, unbeknownst to me, getting into the-- becoming an author and understanding the publishing business, it became very clear that writing also meant, especially the first time writer mean that you needed to market your work. And I was completely opposed to that. I had whole little victim story about that. I told myself, I'm a psychotherapist and now I'm a writer. I cannot be expected to learn marketing too, and I just was very opposed. I just could not fathom the idea of being trained. I had this whole notion to my head that I have to like go back to school, take years of marketing classes, get a marketing degree to be able to do this. And that's just really how the victim story goes, is that we create this huge crazy stories of why we're the victim and why we feel that we have a reason to be blocked and that it's not our fault. And so I stood firm. I'm an author and if-- and I'm a psychotherapist. I am not a marketing person and if God, universe wants this work to be shared then, I've done my part and the rest is up to God and the universe to do. And so again, a lot of-- I've heard a lot of spiritual people do this as well.

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And thankfully, through applying the Feel Every Emotion as Love process, it wasn't long that I realized my victim story that was coming from the ego. And so the ego is always going to say I'm powerless.

And the whole point of that is, is so that you recognize another layer of power. And of course, the outcome was not about me going back to school and learning marketing. It actually turned out to be a very rewarding experience where I started coming together with other experts in this field who I really enjoyed my work and that what's made me develop the new consciousness evolution audio series. And that to me was pure joy to do. And, but by marketing myself with these people, the side of fact was that I also was able to market my work because as I promoted other people's work and what they're teaching, I did so alongside with my own and that's how my work at more and more well known.

And so here's this whole notion that my ego was trying to have me by into which I certainly did but when I got tired of listening to the whiny story of my ego, I listened to those feelings which is what you're going to be learning how to do and then you realize what the next steps are to take action. So what the key here is that this is going to be a two-step process where you learn to recognize your feelings as an alarm. And again, we're going to be going into much more in-depth as to what this is, what your feelings mean. But first of all, that your feelings, your pain, that's an indicator that you are not in alignment with your truth. And so you slow down and really listen to what you are saying about this. So like I said, in my story there was I can't go back to school and learn marketing and that can't be expected of me. I just want to put on the rest on God and the universe and say this is yours. You will handle this if you want this information out there.

And so again, there's nothing wrong with praying and asking for support from God or the universe or whatever your beliefs are. And by far, I most certainly received the help

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of the universe and God by being able to put together the new Conscious Evolution Audio Series because I got together some big names who really shouldn't have given me the time of day, quite honestly, but somehow, they did. And to me that is where my prayer and my intention and support really came together rather than just trying to haphazardly put it in God's hands or the universe's hands that I did receive that support but there was further action for me to take. And by listening to the ego's message, I could hear the victim and how I felt helpless and that right there the biggest alarm, ding, ding, ding, ding, that should be going off for you saying that the ego is involved. When you try to put this off in somebody else even if it's God, so many relationship, the universe, what have you that is saying that you-- are saying you don't have the power. There's a sense of helplessness there. And you're going to self doubt that you're going to turn to all these things that take away your power. And so what you need to do then is to really reclaim what is your ideal because ultimately that is where your essence is guiding you to go. That's where God, universe, whatever your belief and spiritual belief is, that's where you're being guided to go. If you have that yearning inside you, it's there for a reason. And that is your-- it is your path.

And so recall that because your next step is waiting for you to acknowledge that these exist. And so for me, that was very easy to recognize that existed. For Ralph, his example, it was harder for him because he put so many ego blocks and to say that he doesn't need that. He felt that to claim that I want success, comes from the ego, Michelle doesn't it? And I said, well, if success means for you to have an earning that sustains your lifestyle that keeps your family happy, that has nothing to do with your ego. That's your essence. Your essence desires that. And so it's really recognizing that what your essence desires when it comes from your heart is truly where you are meant to go and there's nothing wrong with that. And so don't let your ego make you believe that there is something wrong with that. And then you consciously choose. You see what your ego is telling you and you see what your essence is telling you.

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And let me tell you, when you first do this, you'll likely go back to the message and you'll say I choose you. I choose you again ego. But ultimately, you're going to get to the point where you're like this ego message is really boring. It's really tiring. It's really old. That's what happened to me with the whole "I don't want to market my material." It became very old. I found myself saying the same thing to some of my closest friends and confidantes. And I don't like hearing the same old thing because when I hear that, then I know for sure it's a block. And so then you see, aha, that's the whole, ego story. And if I remain in that, I remain disempowered. And then you just ask what's the story of my essence. What feeling do I need to feel to go deeper and understand the next step? And so again, we will be getting into how the feeling will take you further on your consciousness step to actually give you that next step, the exact next step that you need to take.

And once you get that, you immediately take action because the more immediate you take action, the less you are listening to the self-doubting, self-empowering messages of your ego and the more quickly you see the results of what it's like to listen to your essence. And once you take that step, you might still have self-doubt but at least you took those forward steps and then it's your determination of you're trying to make a large shift that each and everyday you go back to choosing your essence. It's like ah, here's the self doubt. And I can choose that or I can choose to trust. And I can trust to my essence and in trusting to my essence, I am ultimately trusting in God, universe to support me and beyond my side.

But we have to be partners in this. This is part of our co-creation process and your ego is actually so supportive once you understand it and see it for what it is to really help you to be an active participant in the co-creation process. And so Feel Every Emotion as Love is going to help you be that active participant. And the more active we are, the more empowered we are, and that's what we came here to experience is to really experience

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the true empowerment that we have that, so that we see the full potential of who we truly are. And we came here to experience that. We wanted to know what that felt like in the human form.

And so every stage of your life, you can reflect. And your ego will be the block giving you the reasons as to why you cannot claim more of your ideal and your work is to continue to build upon the strength of your essence until the needs of your essence become more meaningful to you than the fears your ego is projecting and that's where it's about every stage of the game. When you evolve, in order for you to evolve, you need to claim more of your-- the power within your essence before you're able to claim more of your potential, right? And so what's blocking you from getting there is fear that is being delivered by your ego.

And then again, it's the ego's job. The ego wants to block you to ensure that you are truthful by what you mean. If you say, I'm empowered enough, saying it isn't enough, you have to demonstrate yes, I truly have the power to do this. I have the power within me, and I claim that power within me to take the next step because otherwise, what would happen to us is we would all be saying, sure God, universe, I'm ready, I'm ready to take the next step, I'm ready to evolve. I'm ready to see more of my potential and then you're given an opportunity and you fall flat on your butt and you're not really capable because it scares you in some way, because owning your power in that way is scary. It's owning-- it's seeing our light shine more brilliantly. It's scary when our story has been something else. And so the ego's job is to say are you sure? Let's test the waters. And so you're given this test to say-- that allow the ego to say, okay, cool. I can let go another degree. I don't have to have as tight of a grip and so ultimately, the ego's grip becomes less and less and less. And to where it naturally let's go of you. And see then, there is no internal battle. You're not trying to get rid of your ego. You're say, ego I understand you. I thank you for being here. You must be here for a reason because

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there's this vulnerability that exists within me. And I thank you for allowing me to see this vulnerability more clearly now. And through the pain that's come through the ego and this block, I'm now able to see what I wasn't willing to see. And in being willing to see this, I gain empowerment because I gain awareness and by working with you, I am more empowered. And so in working with the ego, the ego is going to say this is your worst fear and is your essence worst standing up or behind your worst fear. And people have had to address this in many, many ways when I've worked with them one on one.

One client, Claire, comes to mind where she really wanted to save her marriage. She was, came to me because she, there was no intimacy, physical, emotional with her husband and she was just feeling so desperately lost and sad that her relationship wasn't working out. Ultimately, she wanted to have another child, her fourth child. And obviously it wasn't going to happen with the lack of intimacy between them and we finally, through lots work out to the point of her being having to be willing to address her worst fear which was letting go of her relationship with her husband which, I am not advocate for divorce, I'm thankfully in a very loving relationship with my husband and I would love marriages to work. And it wasn't-- but what I know that it wasn't about the marriage per se. It was about her being willing to stand up in her marriage. And she was giving so much away because of her fear of losing her relationship with her husband that the marriage couldn't work because she wasn't fully in the relationship. And what's interesting is it's not that she didn't share her anger with him, she shared her anger. She shared her frustration. What was missing was that he had disappointed her so much that she stopped showing her vulnerability.

She was afraid to share how much he has disappointed her because if she did, she would, first of all, have to recognize the depth of how he has disappointed her and that being there. And then she would also have to face the reality that in sharing her true sadness and disappointment that she may be disappointed again. And that ultimately,

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he may not be there for her. And so she had to be willing to go there and to her going there that she might end up divorcing him. But in doing so, she, her essence came back into the game. And it wasn't all easy-pissy, and just by her addressing that their marriage were worked out. But what I will say is that they then got on a level where they actually could work on their marriage. And in doing so after sometime, gone that instantaneously, this isn't about instantaneous, this is about working through to make things for the highest good of all those involved.

And you can always trust your essence to be that guide. That your essence come from a place of love which is not just all about you. And that it ultimately, in correcting the alignment within you, it's also going to correct the alignment within relationships, within your career, within all other aspects of your life. And so, in doing so, she healed her marriage. Their marriage has found greater intimacy and connection and then [they're overhead] in their relationship because this core piece needed to be addressed. And so it was addressing that core piece. Now I know that this may sound, I don't know, intimidating overwhelming, it's not always going to be that way.

The ego is going to show up in small ways. That you're going to see like that but if there's more core work to be done, it's going to get you there quicker. You're going to recognize it quicker and that's going to help you evolve and shift quicker. And so when I say quicker, it doesn't mean easy-pissy but it's going to be easier in that you have clarity. You feel white within your body about the steps that you are taking. And so the steps that you are meant to take forward, maybe some of the hardest steps you've ever had to take but you can trust within yourself that these are the right steps for you. And as you do, you will be shocked in how that ego releases another weight that quite frankly, you didn't even know that exist or you didn't know existed to the depths but it did.

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And then you are leaving more freely and the fear your energy is, the more freed up you have energy to build up towards revealing more of your potential. And that's what we're here, we're here to enjoy as we do reveal what the next phases in our life, what fulfillment looks like for us that we enjoy that. And then should there be other layers to our potential to feeling fulfilled, that we feel, that comes from within our heart not from the external, then you are-- you can trust that you are authentically going to be guided there. There's going to be a deep desire that wants you to experience that and you can trust in that desire and you can trust in your ego to give you reasons as to why you shouldn't go for that desire or you can't, and that is where you exactly need to go to grow and evolve.

And so from the standpoint of love, you understand and you are able to see where you can take the action necessary to work with your essence or work with the power and light that exist within you. And to work with a higher power to support you to create a life that really, truly feels beyond expectations, feels so good inside and out. And that's really are how we are meant to live. So trust in your ego through this process to guide you throughout learning how to shift from the fear aspect that we have been thought and we have relied on when it comes to the ego to love. And it takes practice and allow that practice. Be thankful for that practice because ultimately you're going to see your ego and action so quickly that you will see how much easier it is for you to claim, to move forward, to take those steps, and to do so with joy and humor even if the ego starts weighing on you because you will see past that illusion of fear to see the love. And that is going to be the energy and momentum you need as you work to consciously evolve and grow in the direction that your heart truly desires. So a lot different from pushing ourselves to success, this is a heartfelt desire of knowing within ourselves the life that we want to experience from our heart, that knowing this, that there's more within you that wants to be revealed.



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So I thank you for being on this journey with me to shift consciousness more out of fear and more into love. And we will touch base again with the following lesson that helps you dive into more of the feeling aspects. So until that lesson, I encourage you to live emotionally conscious and exceptionally well. Take care!

***[END OF AUDIO]***

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Welcome, everyone, to Lesson No. 1 of Feel Every Emotion As Love Virtual Mastery Program.

I want to start off by thanking you to be a part of this important path that you've chosen and to really honor you for taking this step. I can't tell you how many times I've worked with people and they comment on how easily it would be to go about their life and ignore these uncomfortable feelings, especially when you're at this stage of the game. And they're so happy that they're amping up their consciousness and bringing their emotions in to support them to tap into more of their potential. They're always blown away. And it's so exciting to be able to share this opportunity with you as well. So I want to honor you again with that and also remind you that this is the beginning of a new perspective shift that's going to lead you to a consciousness shift.

So given that, it's very important for you not to be distracted while listening to this audio because I really want you to be able to take in the subtleties of consciousness that I'm talking about when it applies to your ego, when it applies to these feelings, because we are really used to, at this point, the message of our ego, and it's going to really take your attention to bring you back to your essence and really allowing that energy and your inner voice to come through and be amped up in this way. So that's part of shifting consciously with anything, is our awareness.

So this is a crucial part to making this shift happen for you. And it can get a little tricky when it comes to our emotions because we've been in these Stone Ages for so long and there aren't any models out there about how to apply this to our lives. So the good thing is, is that you are really the first. You're going to be the people who are going to be able to bring this through and be the model to others. And as part of this, I really want you to get this. And you have a week until your next lesson, and this is very purposeful because I believe that, in order for you to make a shift, you need to let some of this information soak in. So it's not about hurrying up and rushing through -- that's the message of your ego, anyway -- and it's really about supporting you to make something inside you gain deeper understanding.

So don't worry yet about how to implement the information I'm giving you today. This is about taking some time to process the information and today's lesson specifically on sadness. And this is really important because this isn't regurgitated information. This is new information that you need to soak in mentally and in your heart and in yourselves and really take in and possibly wrestle with and wrestle with your inner voice and your ego and really convince your ego and rational mind that this is possible and that the shift will change your life and really support you.

So I encourage you to use your transcripts while listening and highlight points that really stick out to you. And feel free, especially, to write down your doubts as well as you go through this process because that's going to be really important. Those are messages of the ego, and you're going to see, as you go through this process with me, that I really encourage you to be as

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consciously aware of your ego as possible. And so you want these doubts out in the open so that you can address them and truly be able to get to the point where you authentically feel every emotion as love. And as you do, you are going to see that connection grow deeper with your authentic self, with your essence, than ever before.

So let's begin. I'm so excited to share this information with you. And today's topic of sadness is one that I think -- it's actually one of my favorites, and I'll share with you why as we go through this, but it's certainly one that we can all relate to. We've all felt sad before in our life. And it's probably because of the sadness that we have felt before that we know how deeply it impacts us and how heavy it feels on our heart. And I've almost laughed sometimes at how I feel our culture is happiness-obsessed. And I really feel this happiness obsession is due to a lack within and people have to get happy-obsessed when they feel that lacking in their life. But the reality is, the way to create more joy and happiness and a sense of fulfillment is actually by addressing where sadness lies. Now, this can get tricky for those of us who are on a path to being aware because we are really good at setting forth intention. So I'm going to address this as well.

So let's begin and see how sadness actually supports you. And what I'm going to share with you is that it supports you in very significant ways. The first is to reel you back in to focus and really get an understanding of what's going on within you. Because let's face it, how easy is it for us to get caught up in life's responsibilities. I mean, you've got your to-do list, you've got your career or your job and your kids and your family and your friends and social commitments and whatever else that you're working on. So even when you're on this path to living consciously, this is going to happen.

For me, I'm very passionate about my work and I'm very passionate about being a mom. And I love cooking home-cooked meals. And at times this can be exhausting. So certainly when I go overboard with getting caught up in the responsibilities of life, this is when sadness is going to enter. But I always love sadness on some level exactly because of this, because it slows me down. And I get this now that I'm conscious of it. I can't say I always love sadness because there was a point in my life when I was chronically sad pretty much. I mean, I wouldn't have said that, but looking back, I can see how much sadness weighed me down. But now that I'm at the point to feel every emotion as love, I appreciate its natural tendency to support me, to put on the brakes and slow down.

And I speak to people all the time and they share with me how crazy a pace life can be. And certainly at times we are called to exert more energy. You are called to take a step forward and it's going to cause you to exert more energy and put more of yourself out there. The problem is, is that for too many of us, and even those of us on this path, it becomes an unconscious habit to stay busy. And you know this when you are someone who -- when there's some down time, you're figuring out what's left on your to-do list to get done, or you're habitually checking

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your emails or your phone for texts or social media accounts like Facebook or Twitter. It's like we don't know what to do with that empty space because we're so used to going at a certain pace. And the options that we have to fill our time is insane and, quite frankly, it keeps us out of balance. And when this happens, you miss the underlying gifts that are present right before your eyes.

So this is the whole point of sadness, to bring us back to the present and bring us back to the gifts of the present. And when we get out of balance and when we are going too fast, this is when the gift of sadness will really pop out. And what is important for you to be aware of, being on this path of consciously evolving, is that sadness isn't going to exactly look like the dramatic versions that you've had in the past with a lot of tears and a lot of emotion. I mean, certainly you're still going to have those instances once in a while, even actually once you learn how to apply feel to your life. It's not that I teach you this and I take away sadness. What I'm doing is, is sharing with you how to utilize the energy of sadness as a gift to you.

So anyway, being on this path, it's going to be less dramatic. You're more consciously aware, so you're really good at setting forth intention and moving forward. But it's still important to recognize the hints of sadness that exists within you. So this, for a lot of you, is going to feel like the absence of feeling fulfilled or the absence of feeling joy. And it could feel like a sense of emptiness if you focus on the feeling. So for this exact reason, you may not want to pay attention to your sadness. And so it becomes a habit to focus on the positive or focus on your intention, but you actually are doing yourself a disservice. And it actually will set you up not to be able to move forward as fast as you can, to get the lesson underneath this as fast as you can because really what you're doing is kind of pushing yourself and it's not authentic. And I certainly know the feeling. So let me explain. Sadness is really about your essence or your inner voice being lost or overpowered by your ego. So the gift of sadness is to bring you clarity. It's to bring you back to your truth and get you back on track of living a conscious life.

So why does this happen and why is this a gift? Sadness is a huge gift because it is a signal and it's a signal that allows you to know you are buying into something that is not true. Oftentimes you're believing this is just the way things are when they really don't have to be that way. So it's really about you having a limited perspective. And your spirit is trying to wake you up and say, this isn't true, Hon, wake up. If you continue to have this limited perspective, yes, you are right, that is how things will continue to be and you'll be right in saying, yeah, that's just how things are and there's nothing I can do to change it.

More importantly, having this limited perspective is blocking you somehow. And that's exactly the reason why the sadness is coming up. It's to say, you're blocking yourself from living a fulfilled life and you need to get clarity on this. This is very important because your energy is leaking in some way and we need to bring it back towards you and there's some change that

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needs to take place. There's clarity redirection that you need and we're going to support you. And that's what your spirit is saying as sadness comes into your life.

So in other words, you have untrue thoughts and they're beginning to gain some momentum and it's time to pay attention. Or you are changing your life enough that you are ready to address this problem in your life. So maybe this has been a lingering issue and it's now time for you to exert a different perspective, one that's more aligned with your truth. And because you're on this path to awareness, you have the ability to address this responsibly.

So your sadness is going to serve you twofold. First, when you are on the path of bringing more awareness into your life, your sadness is there to say, you have bought into this ego message long enough and it's time to resolve this. You may have experienced this as a part of your awakening when you were on your path to finding your authentic self and you were really at a breaking point where your essence felt lost and sadness was probably more present in your life.

So again, that was me in my 20s. It was like, I look back at that time and I really see how prevalent it was. The difference is, if this happens now, it's not to say that you haven't evolved. Of course, you've evolved. A lot of times when I'm working with people the veil has been lifted, they're starting to see things clearly, but then sadness comes in and it's signaling, well, you've got this, you've understood this when it comes to your career, you've understood this when it comes to your relationship with your family, but when it comes to your spouse, there's something you're missing here. And so it's saying, there's a part of your truth that isn't seen yet. And you're now ready. You have enough momentum and you have the facilities to address them.

So what I always tell my clients is, look at your sadness as a badge of honor, actually, because it's an honor that the universe now feels that you have evolved enough and you are ready to move some more. So that's more of the when you really feel sadness as sadness, when it comes profound enough where you feel tearful and there's emotion behind it.

Now, sadness is also going to serve us in a more -- how do I put it? -- more everyday living type of way where, again, it's not going to feel as profound, but this is your opportunity to stay very attuned to your authentic self. And the more that you can be attuned to your authentic self, the more you're going to be in that authentic flow and you're going to feel passionate about life and have the energy to give to your purpose. So your sadness will become present in this day-to-day living. Nothing's going to happen to you every day, but as a part of just our natural experience of being humans, that it's going to be present to tell you when you are getting off course.

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So think about it. We are here to continuously grow and evolve. And as we do, we are going to encounter new experiences. And new experiences tend to throw you off a bit, throws me off sometimes. So your sadness is going to show up at those times to support you, to recognize that the path you are on and how you are handling something or the limited belief you have isn't doing it for you. It's not in alignment for you. In essence, you're buying into the ego messages more than the messages within your heart.

And I can't reiterate this enough. This is so crucial, so important for you trailblazers that are on this path to consciously evolving because you are being called to listen to the messages of your heart. It's like this path isn't a path that's known and likely your mission. Your life's purpose isn't super clear, and so you're being guided to rely a lot on your heart. And let's face it, the heart messages are more challenging to believe. In order to manifest a life that is truly fulfilling to you in all ways, you are going to be asked to believe in your heart prior -- prior -- to that fulfilled state being a reality in your life.

So this is really important because you are in the process of building your life on a spiritual level by following your heart. And in doing so, you build and it's invisible. It's definitely invisible to those around you, those in the outside world. Maybe a few people in your inner circle may see, but for even them, they're not going to be able to see it because a part of you doesn't even see it at times, right? So you become sad when you are building. And what you're building starts to feel invisible to you. You start to lose a grip on what the point is because it's not happening in your reality yet. The reality hasn't shifted yet to your ideal. And your sadness there is really present to support you to come back to your heart. It's actually a tool to remind you of what the point is. Your sadness is ultimately to strengthen your heart and give you clarity about what the next step is for you to move forward.

So when you hear the ego version of sadness, it doesn't sound like strengthening your heart, does it? It seems just the opposite. This is vital, however, because your ego shares with you these messages because you are buying into them on some level. So even though a majority of you is on this path and you're really committed to it and most of the time you follow your heart, you're going to have tendencies or periods where you don't trust, where you lose faith. And so that's a grand opportunity, actually, for you to unearth that fear. And you are going to hear me say this over and over again because the more you can bring up your fear, the better off you're going to be because your fears are going to be now conscious and they're not going to be unconsciously running you.

While you are working on evolving on a particular area of yourself, you are going to have both the darkness (the egoic messages) and the lightness (the messages of the heart). This is natural. This is normal. This is what it really means to evolve because you're stepping out of your norm, out of your comfort zone. So when we get out of our comfort zone, uncomfortable

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feelings are going to be present. And we've just termed these uncomfortable feelings as negative and created this whole judgment around them. And that's our ego taking part and placing this judgment on them. And it actually, of course, anything involved with the ego does not support us to evolve. So to evolve, the light, the messages of light, of the heart, of the inner voice, has more energy. You've tapped into that. And as we continue to evolve, that energy shifts and you feel it all the time when you're in this process, but now it's about wrapping your head around it so you can really tap into this energy of fear and this energy of fear when it brings up sadness.

So what is happening is that you'll have these moments and days when your energy feels very much aligned with your heart and your essence. And those are the days that you are tapping into the universal flow. And other days your energy is going to feel more neutral, especially, again, when you're on this path to being aware. It's more neutral. It's not that you're sad in the tendency that you're used to recognizing it. So those days you are likely aware that some of the negative messages of your ego are present, but for the most part, you are able to move forward to some degree. You're still able to move on. What is happening is that your energy is more neutralized because some of your energy is attending to those negative messages. And so in other words, you are trying to fight off those messages. You have learned that your fear doesn't serve you and you're better off to focus on the positive. It's going to allow you momentum.

But what happens is, is that you actually may find yourself turning to more compulsive habits whether it's overeating or snacking or, again, checking the email constantly, doing all these things that don't actually allow you to move forward. But it's the combination of your ego and your rational mind that says, you know, I've got to sit down and be at my computer, even though you're not getting that much momentum done. So even though you're able to move forward on your path to some degree, you're lacking the gusto to make the big shift, to really make the shifts that will bring you greater fulfillment happen. This is what is going on for the vast majority of people who are on the path of living consciously because the gift of their negative emotions has not been brought to your attention yet.

So I see this all the time when I'm working with clients. It's so ingrained. And even though they get used to the idea of bringing their fears conscious, you really have to get used to working with your sadness. One of my clients, she was struggling with exactly what I was talking about, just not feeling the momentum from her work. It felt like everything was a push. Now, what may seem crazy is that she is very, very passionate about her work. She feels like this is her life's purpose, which is part of the pressure she has felt because she knows she's meant to get this material out there, but it's almost like she has so much going on that she's just felt crazed by it all. So she's wanted to stay very committed and each day every day making sure she puts the hours in. And what she didn't realize was that there was energy, a sense of sadness that

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she was bulldozing over. And we're really good bulldozers when we have learned to think positive and put our intentions forward. And she's bulldozing over this. And what she was bulldozing over was her lack of passion in this moment. It doesn't mean that overall that she lost her passion, but in the present, there was a lack of passion. And so it's like our egos make us believe that if I say, I'm not feeling passionate about this now, what does this mean? Is this not my path anymore? And it gets all caught up in that fear.

So that's what she was doing. And through understanding the feel process, she started to see that, you know what, I really haven't gained momentum all week and I really need to take a step back and I'm going to take a day and just go to the spa and relax. And she did. And with her slowing herself down, she really realized that there was sadness going on. And the sadness was a sense that she wasn't able to do some of the other things that she loved, that just because she found her life's work and she feels that she really needs to get this information out, it feels like it's taking away another part of herself, this part that wants to spiritually explore, this part that wants to play and do other things.

And so she was buying into the limited belief that says once you know what your passion is you have to go 100 percent, 110 percent, 200 percent all the time because that is your responsibility and as a spiritual person you need to fulfill this. And it was driving her nuts. And so, of course, when we put this out and bring it forth, it sounds crazy, but it's ingrained habits. And a lot of us have that. If you happen to be American, especially, or live in the West, there is this tendency to pull up your boot straps and keep moving forward. And it's been ingrained, and it's really something that we have to consciously be aware of because it's not serving us on this spiritual path. It's not serving us on this evolved path. It may have been what we needed to do to survive decades previously, but we're not there anymore. So it's okay. You can listen to this now.

And so as she went to the spa, it really became clear to her that she was really wanting to explore more spiritually. But what happened was, was that she wanted to really go off and spiritually explore, like she just wanted to delve into all these different books. And her ego said, no, you can't do that. You can't just drop your life's work and go on that passion of spiritual exploration. And so the interesting piece that she needed to connect with from her sadness was the black-and-white thinking of her ego. And the ego's known for this, is that you can't do what your inner voice is telling you to do. And there's some reason. There's some excuse. And the excuse of her ego was, if you do, if you go on the spiritual path, then you are completely dropping your work. And it's so black and white. It's so either/or.

And so it wasn't until she recognized that, through this process, that really it was integrate more of the spiritual exploration in your life. And even though you're passionate about it doesn't mean that you drop your work. There is room for both. And you can set healthy



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boundaries around both that are ultimately going to make you more fulfilled and are ultimately going to support you and your work in a more balanced way and in a more way that's going to energize you and bring more insight into your work.

So it's really important that you tap into any feelings of feeling flat or otherwise not energized towards your life because that is, in essence, sadness trying to wake you up and trying to support you to see from a new perspective. So others who aren't on this path yet struggle with actually feeling sad more often and not knowing what to do with it. And when you're at that point, that's when you see depression. It's when you see a lot of coping going on with a lot of overeating, dealing with being obese, turning to alcohol, drugs, shopping, affairs, overworking, you name it. I mean, again, it's easy to get distracted and not pay attention to what's really going on.

And so people who really struggle with this really see these tendencies in a lot of areas of their life. So take note of any tendencies that you have with coping because, when it comes to a certain area, learn to identify what that area is, where your vulnerability is, so that you can say, hey, this is my ego pointing out that I'm paying too much attention to it and I need to find my way back to my inner voice.

Now, a whole nother degree of this is grief. And grief, obviously, goes along with sadness. And grief is sadness at a different level because it so touches you, whatever you're grieving, because you are mourning a loss and learning to let go of something that has had meaning with your identity. So in other words, you are letting go of something or someone that you identify yourself with and through. And regardless, you're going to experience this being on a spiritual path.

Even that interview that I did with Iyanla Vanzant with the New Consciousness Evolution, she really shared how she had to grieve her home, losing her home, and what that meant, because it was a part of her identity, that I was this successful enough to have this big home. And so it really took her aback and what it meant as a spiritual person who is used to attracting and being able to create a reality that feels abundant to her, what that meant for her on this consciousness path. And so she had to grieve some of those layers that identified her, her worth to the external. And we all have to do that. That is part of our evolution and learning to let go.

But the more that we can allow ourselves that process when it comes to some of those really big ones that we go through, it's all about allowing ourselves release, especially the guilt that goes along with this. And I'm going to talk more about guilt in upcoming months, that it's a part of this program, because guilt can be pretty tricky, as well as compassion. So really emphasize these pieces if and when you go through a period of grief because it's really -- it happens in

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waves and it really depends on how deep the wound runs. And especially when it comes to people, that's a whole nother degree, but the process is still the same. And that's what I want to get into next is some of the process.

And I'm going to do that by sharing with you my personal story, which is me being a person who had a lot of sadness but wasn't really aware of it. And a lot of my sadness was through the earlier ages of my 20s, probably in my later teens too. And it was because I had become, at that point, so attached to my ego that my ego became my identity, and when that happens you lose your essence. And I certainly was pretty clueless when it came to what my authentic self was. I didn't know who that was. And that's when we get really sad.

Now, what's exciting is, is that from understanding this concept about feel every emotion as love, I can now get to the point when sadness pops in that I actually get giddy. And I'm not kidding you. I've had experiences where I outright laugh or I chuckle to myself because it's so clear. It's so clear that, oh, my gosh, I can't believe I've been buying into this message and thank goodness that this sadness came in to show me how insane I was in thinking this. And I actually -- like before the sadness can even fully execute, it's like, oh, I got it, thank you, thank you, thank you. So it's about getting that clarified information that's present to support you and support me.

So trust me, when you reach that point where you're excited by your sadness, there is nothing left for your sadness to do but disappear. Its work is done. And it has brought you to a level of awareness that you understand something needs to be tweaked or something needs to be changed. And that's really what it's all about. It's like, hey, wake up, do this differently because your energy is being leaked in this way and we need your energy to fulfill your life's purposes. And you probably have more than one, and so that's going to require a lot from you.

And really, now that I've been on this path -- and for some of you, I'm sure you're there as well -- you are going to have to be on top of your game to bring awareness to your sadness. As I said, you're good at living with intention. So am I. And so you have to take care to really zone in on any hint of sadness. The way to get there is to see when you are in opposite of what it feels like to be in flow.

So you know what being in flow feels like, hopefully, most of you. You know that the energy that you're tapping into and that feeling of I'm in alignment and things just feel right. So the hints actually come when you feel out of that. So it's not necessarily sadness, again, to that degree that we identify it with, especially when we were overly attached to our egos. So if you're lacking gusto or if you're lacking a sense of inner peace and instead maybe feel irritable or maybe lethargic or just lacking energy compared to your usual self, those are your hints. And

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what I do, and this is what I want your process to be, this is the beginning of the process for feel.

So again, don't get hung up on this. I'm going to give you more step by step. But the big thing that I want you to get, that the vast majority do not do, is consciously make room for your sadness to enter. And you can do this now. You are not in the state where you were before of being overwhelmed by sadness. So you don't have to go to that fear. You're not there. If you tap into your sadness, you're not going to go there again. You have too many tools behind you. And especially now that you're going to understand your emotions from a new consciousness level, you're really going to have the tools.

So you don't have to avoid the sadness, especially if it isn't expressly present yet. It's actually an opportunity to cut to the chase and move forward more quickly. And I really feel like we're being called to get this because we're being called to get into action sooner and claim more of our energy back so that we can fulfill our life's work. So you are going to do what 98 percent of people don't do, which is say, "Welcome, sadness. I know you are here for a reason and I welcome you and I want to hear what you have to say." And so what you're really doing is embracing your sadness as a part of you.

So when you embrace your sadness as a part of you, you are doing the exact opposite of what you've been taught and you are -- and how you're told not to identify with your ego. I mean, that's a lot of what's out there right now, unfortunately, when it comes to being on a path of personal evolving. People are telling you not to identify with your ego. I am telling you to identify with it temporarily and accept it as a part of you because it's shining the light on the darkness. It's saying, I no longer resist this part of myself, because, again, let's go back to the tenets that have allowed us to evolve, what we resist persists.

And for some reason, we get this in all areas of our life except when it comes to our feelings. And we want to continue to push these parts of ourselves in the darkness. And there's no reason to. Your ego is yours. And from this shift in your perspective from the emotional Stone Ages to this new emotional consciousness shift, you realize your ego is ultimately serving you to not be reliant on it. So this is huge. The more you push it away, the more you actually unconsciously are relying on it because you're not saying, "Okay, ego, I'm evolved enough to see you and I am evolved enough not to be frightened by you."

So rather than judging these feelings or messages of the ego, you recognize them as another part of you. And when this happens to me, I consciously allow myself to be the victim. I know. Exact opposite, again, of what everyone else is telling you to do. But I want to tell you what works and I want you to evolve past where you first came from. So this is true. If you haven't been on this path yet, you are the victim to your ego. And I don't want you to remain the

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victim. But now that you've evolved, now that you're at a place where you know your authentic self, you know it's important for you to get really clear when that victim is kind of lingering or when there's hints of victimhood within you.

So even though a part of me knows better and wholeheartedly knows I am fine, it doesn't matter. I know too well that if I allow the messages of the ego to fester within me, the ego wins. And this is especially true when it comes to our sadness. And the bottom line is, is when you are not conscious of your ego, you will face the consequence of the unconscious expression of your sadness. And this will set you back.

Like I mentioned with one of my clients, it was when she wasn't willing to face the fact that she was lacking momentum, that she was lacking energy towards her work, that she wasn't able to move forward. As soon as she saw where she -- the sadness was about, that her spirit wanted to have more spiritual expression. And as soon as she saw the message, that the ego was saying, "No, you can't do that," and then she did otherwise, she gave power to her inner voice, she gave power to that spiritual expression in a balanced way, the sadness let go of her. Okay?

So knowing this, I allow myself to consciously allow my ego to express whatever may be buried within me. I complain. I whine. I allow myself to be the victim. I write in journals all the ways that I think life isn't treating me fair or treating me in according to my expectations. And even though, again, another part of me knew better, I permitted my ego to be indulged. And quite honestly, I feel like a teenager throwing a fit, that I'm not getting my way. All of this expression I allowed with the least amount of judgment towards these emotions and messages as possible is the key. Because guess what? Then your ego is hurt. It's not you putting your energy towards getting rid of that sadness, getting rid of that lack of momentum, or getting rid of that fear as to why you're not in your flow anymore. And when you're ego feels heard in a conscious way, it sets up the perfect situation for your inner voice to have the room to come through. And you forget that you experienced this as a kid. See, it's really just trapped energy. And so we want to release that energy so that the energy can be rechanneled back into where it's supposed to. So we want to get rid of this negative energy in a conscious way that allows the energy to be rechanneled back to us.

So as a kid, you threw temper tantrums. We all did. And there's a reason why we do this. And even psychology talks about this, is that you throw a -- kids throw a temper tantrum, allows that energy to release, and then you get a feeling of calm. What is not explained in current psychology is why you get that feeling of calm. And I believe it's because even as a kid you heard something within you that guided you back to truth. It guided you back to peace. And that same element is present for you now. And now you can be more conscious of it. And this allows you to enter in conversation, then, with your inner voice and ask what you need to gain insight about, what part of your truth are you not seeing, what steps can you take to bring

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about change, what needs to be tweaked and get clear for you. Addressing your sadness in these ways is going to support you to move. And your job is to pay particular attention to what exactly the message is that you have a tendency to buy into.

So for me, it's about losing balance. And I need my sadness to help me maintain balance. Yours could be all sorts of things, but we have these until we've got it down pat. So am I much more balanced than I used to be? Absolutely. Do I still have the tendency to get really passionate about my work and lose balance in other areas of my life? Absolutely. And especially as my work continues to evolve. I mean, my work started off as local, then it evolved to national, then it evolved to international. So every step of the way brought new challenges, brought new parts for me to evolve. And along with that, for me, my tendency, it brought with it opportunities for me to lose my balance again. So it's as we grow, new vulnerabilities may show up, and your job, my job, is to recognize what our vulnerabilities are and how we can get back into our flow.

So what is it for you? Is it the same about balance? Is it a tendency not to recognize and honor the value of your work? Do you tend not to recognize and value your essence when you look at your body or your essence by -- do you not value your essence by not giving yourself the freedom to just be? Are you not acting on the messages of your inner voice and feeling stuck? This is where you can get clarity about what your vulnerabilities are and bring it into your awareness. And you'll get tripped up by this. I still get tripped up by it. But again, every time you do, it's an opportunity to get that piece under your belt so that you can evolve and so that you are really ready to fully take on that fullest expression of you living in purpose.

I know what this is truly about now. And that's where you are going to be led to when you approach your sadness with the feel process. The more conscious experience you have with it, the less you are going to get tripped up by your sadness and you are going to be very aware of its presence. Being aware of its presence doesn't mean that you don't buy into the ego message. In fact, what is tripping you up is a part of you does buy into the message of your ego, which is why the sadness is present. So like for me, I can still buy into, you know, if I don't put all my attention on my work now, I'm going to miss an opportunity. And so it's fear-based. Or I feel like it's part of my mission and I want to do my part. I always want to make sure I'm doing my part. It's like I've been given so much I just want to make sure I'm doing my part. And sometimes my idea of what doing my part is, is not spirit's idea of what doing my part is, right? And so sadness is there to clarify this. It's like, hey, you're doing this again.

So as you bring the sadness and the messages of your ego that go along with it, you become less attached to that message that you used to buy into and you're brought closer to your truth. And as you make the shift, your truth is going to be realized through you addressing your sadness. It's going to be realizing the truth to your sadness. And there is a reason why your

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spirit has felt sad, that you are still buying into that message of the ego. And so the sadness comes up when you are not honoring yourself and, therefore, you start to see that ego is too important. And with feel, you will start to see your sadness as a friend and thank your sadness for letting you become aware of how you are getting off course.

And I'm going to bring up different spiritual messages from different religions sometimes to make this point. And one that comes to mind, to me, in regard to sadness is Siddhartha Gautama, the first Buddha. And if we look at his story, because I'm not going to really bring up text, but who these leaders were, who these masters were that guided us. And Siddhartha Gautama became enlightened through paying attention to his sadness.

So for those of you who don't know his story, it's basically that he came from royalty. He came from wealth. And his parents did not want him to see the poverty that was around and the struggle that was outside of the palace. And he chose to. And as he did, he chose not to ignore that. And so he went into his sadness and began to get clarity as to what the sadness was about and what this meant for him. And as he delved into that sadness, it became a real connection to his heart and to his purpose and to his truth. And from this, he became The Enlightened One. He became Buddha because he was -- he got so clear that he could direct others, then, as to how to get away from illusion and to find their truth.

So sadness was one element that brought him to that place. And I believe sadness is there for us in the same way as well to get really clear, get to your truth, and act on that. And I will share with you that when you do, when you have that clarity, when you are so in touch with your truth, a passion ignites within you that is unstoppable because it's saying, you are so on, you are so in flow and so bull's-eye to your truth and to what you need to do next that we are going -- your energy's focused and all this energy is going to come through. And that's what I'm always amazed with.

I actually love sadness in that it slows me down, it makes me a more compassionate person, I am so much more in the present, and I'm so clear. And I feel in a state of grace and I feel so connected to trust. And I'm so filled with gratitude for feeling that flow so powerfully that there is no more doubts. And I'm always amazed and surprised by what is expressed through me and through those that get this and how much more aspects of life come together at such a deeper level. It's so profound.

And so use your sadness to help you fulfill your life's work. It's there as a tool to help you enlighten your path, help it be clear as to what your next step is and help it help you be clear as to where you can bring your energy into the present and have it work for you.

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So I thank you for being courageous to look at yourself in all these ways. This truly is the path to embracing all of you. And the more of that energy that you can gain, the more you are going to feel that deeper connection, feel more committed, and really be an unstoppable force that is needed because your life's work is needed.

So next week I will be sending you an email giving you more specifics about how to work with your sadness when it comes to your relationships, when it comes to your careers, and so forth, your sense of self, so that you have exact exercises that you can apply.

Until then, live consciously, live emotionally conscious, and live exceptionally well.



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## Journaling Questions and Exercise for Lesson 2

### **Sadness Regarding Your Sense of Self and Body/Appearance**

When you are feeling an overall sadness toward your life or just have lost your mojo or vitality toward life, journal about the following questions. (Remember when you journal, you will often hear the ego first which is critical or victim story. Allow that to release. See it for what it is, a story, and then re-ask these questions if necessary to listen to what your essence wants to share.)

1. What is this sadness about for me?
2. What do I need to get clearer about?
3. What am I missing that you want me to recognize?
4. How can I honor myself more and show myself more love?

Journaling Questions to Ask When You are Feeling Sad or Critical Toward Your Body/Appearance:

1. Does my appearance reflect my essence?
2. Am I honoring my sensuality and sexuality?
3. Do I feel free in my body and expression of self?
4. What is my body and my view of my body (or aspects thereof) meant to teach me?

When your sadness lingers or you just haven't felt excited about life you don't have to escape anywhere, although you could. The more important piece is to get clarity about what you are missing. These exercises



will help you get to the missing element that you are not aware of. Sometimes you will get the insight instantly and other times it may take a few hours for the insight to show up. The important piece is to not to do these exercises to get rid of your sadness. Rather you engage in these exercises to honor you and allow the sadness to dissipate once you follow through on the insight that has been given to you!

**#1 Slow yourself down** –When you are slowed down you become a receiver. Laundry, dishes so know what you like but about being present, doing something with a sense of gratitude rather than just getting through the task, letting your thoughts wander but also enjoying the task at hand. Nature, bike ride – and stating to your spirit that you will honor being present (doesn't need to be whole time but important to do).

**#2 Creativity**- expression of your authentic self without judgment. Can be done through cooking, painting, dance, how you dress etc.

**#3 Be needy to yourself** – what does your essence desire in any given moment. Tune into your senses and be generous to them. Your generosity of spirit actually begins with your generosity to your own spirit. Then you can carry forth that energy to authentically give to others. What will bring you pleasure, comfort, joy without judgment.

I am so happy to share this information with you!

Michelle



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## Journaling Questions and Exercises for Lesson 3

### **Sadness Regarding Your Relationships and Career**

Because sadness regarding your relationships and career often occurs due to looking for external validation rather than deriving it from within, writing down your thoughts and gaining clarity toward your truth is vital. Again, the point is not to try to get rid of your sadness if it occurs. Rather you want to understand what your sadness wants you to become clear about, especially when it comes to knowing and honoring yourself more. These are the key components to sadness in both relationship and career.

(Remember when you journal, you will often hear the ego first which is critical or victim story. Allow that to release. See it for what it is, a story, and then re-ask these questions if necessary to listen to what your essence wants to share.)

#### **Journaling Exercises When You Feel Sadness in Regard to a Relationship** (intimate, family or friend)

1. Am I okay with the way my current relationships are functioning? What works and where are there challenges?
2. What am I looking for in my relationships with others?
3. If I have had challenges, how have I handled not receiving having my needs met?
4. What needs am I looking for others to meet that my spirit is yearning for me to give to myself?
5. How can I demonstrate more love or respect for myself when it comes to relationships?
6. Am I okay with asking more of others on my own behalf? Can I see

within myself the difference between doing so on behalf of my spirit versus my ego?

### **Journaling Exercises When You Feel Sadness in Regard to Your Work/Career**

1. Am I currently over-extending myself with my work? Do I do this often? What is this about for me? What fears am I buying into?
2. How much of my identity is based upon what I do?
3. Do I currently feel in balance?
4. How does my essence define my success?

#### **Exercises for Putting Your Clarity into Action:**

Okay, I am not going to lie to you – this is where it can get tough. Yet, if you want the sadness to authentically dissipate, you need to be willing to take action to support your spirit's needs. Above all, you need to have a trusting relationship with your essence. You must believe that your inner wisdom not only looks out for you on a spiritual level, but for everyone involved. In doing so, you will have a knowingness and certainty that in all that you create on behalf of your essence, it will ultimately benefit others as well.

**#1 Ask for What You Desire**— What is it like if you were to do a practice run of asking for what you desire? Are you whining or nagging or are you clear about what it is that you need? Do you feel that you have to justify yourself to the other or do you feel justified within yourself? Do you stay overly focused on your needs or can you also demonstrate how it benefits the other person/s involved? Are you overly demanding or loving? In each case, the later is your truth. It may take practice to gain alignment with your inner voice. Take the time to do so, then proceed to take action in whatever way you are guided. The energy will be dramatically different both within you and what you say!

**#2 Create Boundaries for Yourself** –If your needs aren't met after asking (exercise 1 above), what boundaries can you establish with yourself? Sometimes the boundary involves restraint from

you continuing to give of your energy, while other times may require you to take action and move forward. Are you willing to put into action your boundary even though others may not agree? Watch what your ego says about you putting a boundary into action. That is your fear. Ask your essence for the truth and courage to establish healthy boundaries for you. Until you are willing, the more sadness you will feel & the issue will remain.

**#3 Play Hooky-** Now here's a fun exercise to do - whether you play hooky from a role that you usually fill in a relationship or a day away from work, it is always a supportive exercise to do! Why? Playing hooky is a deliberate way to demonstrate to yourself that you are not your role or job. You are spirit!... so what will you do to celebrate your expression of your authentic self without judgment & without guilt. If you allow yourself this gift, you will see how much more supercharged and clear you will feel about these areas of your life.

I am so happy to share this information with you. You are wonderful and courageous for living in an emotionally conscious and empowered way! Never forget that!!

Michelle



## F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

### **General Questions to Reflect on After Experiential Exercises**

Your experience of an experiential exercise can vary greatly each time, so don't worry about having a certain type of result. If you weren't in the right frame to do the exercise, you can always try again at another time. Below are some questions that can support you to further integrate and understand your experience. These questions can support you to both acknowledge and uncover insights regarding the experience to support further integration of the F.E.E.L. process into your subconscious. Take your time to fully process what this experience was like for you!

1) Was there insight that I gained from the experience? If so, ask your essence the following:

- A) How did I feel going through the exercise?
- B) Was there a part of the exercise where I sensed a noticeable impact?
- C) What are the messages I can take away from this Experience?

2) Was there any blocks that I encountered? If so, ask your essence the following:

- A) What did those blocks represented to me?
- B) Is there something false I am buying into?
- C) Is there something too rigid in my thinking?

# **Michelle's Flower Essence Handout**

## **What are Flower Essences?**

Flower essences are potentized liquid remedies which derive their active powers from the vibrational imprint of each substance (flower, tree or bush).

## **What is the history of flower essences?**

Dr. Edward Bach was a medical doctor and bacteriologist who gave up his lucrative practice to study the causes of ill health. He believed that if a patient's emotional balance were corrected, the body's natural ability to throw off illness would be strengthened. In the 1930's, Dr. Bach discovered that flower essences are able to subtly address the human psyche, enhancing emotional and psychological well-being.

## **What are flower essences used for?**

Flower essences are gentle yet powerful catalysts for supporting our emotional, mental and spiritual selves. They are used to empower the self to shift patterns that do not serve us. Flower essences also support individuals to connect to their inner strength and wisdom as well as the energies of nature. In turn, people have found shifts in the energy and moods as well as their overall well-being.

## **How do they work?**

The energetic pattern of the flower essence gently impacts the energetic state of the individual. Think of how a drop of water creates a small ripple in a pond. Small vibrational waves are sent throughout our body that support the shift associated with the essence we are taking.

## **Are flower essences safe?**

Natural, organic flower essences are safe, do not interfere with other treatments or medications and have no side effects. For those who are sensitive to alcohol, there are formulations that are made without utilizing brandy as the preservative.

## How are they used?

It is best to establish a pattern of taking the flower essences at a minimum daily in order for shifts to begin. Typically drops can be taken orally either directly in the mouth or in a glass of water. My ritual is to take 4 drops of each essence directly under the tongue as I state my affirmation.

Personally, I usually only take the essences once a day, however it is an option to take them 3 to 4 times a day. (If there is something special going on, I may take one or two essences prior to that event/experience). Some flower essence companies suggest not taking more than 5 to 7 different essences at one time. I agree that taking more than seven different essences is too much for the body to integrate at once and limit the amount to six or seven. I always get the 1 oz bottle which will last anywhere from 4 to 6 months for me. If you are new to flower essences, you can get the smaller sized ¼ oz bottles. Choose (or ask your spirit to guide you to) which of the essences are the best fit for your needs each day.

## Where to Buy?

I buy my essences directly on line. Because Bach and F.E.S. are more popular, multiple stores carry them. I have found the best prices for Bach and F.E.S. at the online store [Mother Nature](#). For [Alaskan](#), [Fox Mountain](#) & [Spirit in Nature](#) essences, you can only get these directly through their websites. Click on the links above if you would like to purchase. For Mother Nature, be sure you specify the brand, essence name and size (1/4 or 1 oz size), when you do a search.

## Special Note:

When purchasing flower essences online, they will often have a description regarding what your imbalance is that would suggest you need a particular essence. Please don't get caught up in those descriptions as a personal descriptor about you. Sometimes the descriptors apply. The way I choose essences is not solely based on those descriptors but through a combination of understanding the essences in regard to the ego, my intuition and my experience of using these essences with many others. So don't let your ego take any of those descriptors personally! However, if an essence doesn't feel like a good fit, simply don't get it.



## F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

### **Lesson #4 Creating Ritual**

I am a firm believer in starting off the day in a way that supports your essence to thrive throughout the day. If you step back to look at all the responsibilities you carry, you know how easy it is to get swept up in the current of tasks. Thankfully, you are a person who already has a desire to create deeper connection with your authentic self and inner wisdom. To establish this deep connection, you have to treat it like any meaningful relationship and make your time to connect a priority. For this reason, I suggest to everyone I work with to consciously reconnect with your spirit the first thing you do when you awaken. It is such a beautiful gesture to wake-up and say thank you! That alone will change your life but I am going to encourage you to go further with your relationship by creating a morning ritual. Even if you already have a ritual, there will be aspects to this exercise that will support a richer relationship with your essence by tying in the emotional aspects in subtle ways. Through consistency, these subtleties will soak in and support your inner transformation.

Before we begin, I suggest that you create an area in your home that is your sacred space, if you don't already have one. This doesn't have to be a dedicated room, rather it is simply a space where you can sit that brings you peace. I will share more ideas later on for this space but right now this and a candle will do.

Second, I am going to suggest some affirmations for you to reflect on while in your sacred space. I must admit, I am not a believer in affirmations alone. Many have tried but they will not work without utilizing F.E.E.L (Feel Every Emotion as Love) to integrate with those affirmations/ thoughts to make the words you say actually feel authentic. The combination of the work you are doing toward your feelings with these affirmations will bring the energy of your essence forward to be the leading force in your life.



Below are affirmations that I believe go hand-in-hand with the core issues that cause us sadness. What I have found success with both personally and through my work with others is to utilize these affirmations with flower essences. If you have not heard of flower essences before, please take a few minutes to read the included handout. You can have success with affirmations regardless if you use flower essences. However, if you have experienced a block toward being able to harness the energy of the affirmation, I would suggest adding the appropriate flower essence with the affirmation.

Please read through the following affirmations below prior to reciting them. When you recite an affirmation, it is preferable for the words to come from your heart. So take a look and determine which affirmation fit you and your needs. Also determine if there is wording that you would like to change that would better describe your intent or your spiritual beliefs.

## Suggested Affirmations

Through Divine Grace, I recognize my inner wisdom, power and contentment with myself. I joyfully dance with confidence, as I co-create a fulfilled and abundant life!

(Flower essence suggestion with this affirmation is **Pineapple** by [Spirit in Nature](#).)

Through Divine Grace, I believe in myself & my ability to succeed. I honor & express all the beauty, power and gifts that exist within me.

(Flower essence suggestion with this affirmation is **Larch** by [Bach](#).)

May I know my worth as God/Source/Divine knows it.

"	" honor "	"
"	" feel "	"
"	"celebrate"	"

(Flower Essence suggestion **Worthiness** by [Fox Mountain](#)).

Through Divine Grace, I recognize & honor my inner light.  
As my light force grows, I expand my love and riches to  
share my family, friends and into the world!

(Flower essence suggestion: **Buttercup** by [F.E.S.](#))

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Welcome to Lesson No. 5 of Feel Every Emotion As Love Virtual Mastery Program.

I really think you are going to be blown away by this lesson so make sure you are not distracted and you are ready for the information contained in this lesson. Remember there are the transcripts that are available for you to support you to really soak in this information. Before we begin, I want to again remind you of what wonderful work you are doing simply by being open to this new understanding regarding your emotions. It really changes every aspect of your life when you open up to it, which is why I am so passionate about sharing this information! Thank you, thank you, thank you for taking on this path so that you can be a model to others of a healthier way of being.

Okay -So let's begin. I'm so excited to share this information with you, especially when it comes to anger because I feel like anger has gotten such a bad rap over the -- forever, really. It's just one of those feelings that people, and especially in the self-help industry, really tell people that we really need to admonish our anger and get away from it as much as possible and it's because our understanding of anger has, again, been stuck in this old model.

And so in this old model we probably have a version of anger that we see in other people. Usually, this is somebody somewhat close to it in our life. Everyone seems to have a family member, a friend that seems to be sucked into their anger and they're not even really aware of how angry they are, which is kind of the scary thing, and so we see their version of what it looks like to be an angry person and we don't want to have anything to do with it. It just leaks from them. And how they address every aspect of life comes through, that anger comes through in some way, and they're just not at peace and that energy sits with them. And so we see that and it really is ugly. I mean, we feel it. It is that negativity that we don't want to have anything to do with.

So it's important to understand that that is the ego version and for us to gain a greater understanding of what is going on for these people that live with that degree of anger, actually will support you in your shift. Even though you're not one of those people, it kind of helps take away any mystery that there might be in regard to why someone would struggle with anger. So, again, this understanding is about consciousness shift. It's not for people with anger issues. But let's understand the people that have that just briefly.

So what's going on for a person that you know who's really stuck in their anger is that they really don't feel valued. There's something that's occurred in their life, usually when they're young, that they feel they've been judged or dismissed or not seen in some way by someone really close to them -- or that should have been close to them, that's also the case -- and they haven't healed around that issue.

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And so what happens is, people actually take in that sense of being dismissed, not being valued, and being judged. They take it upon themselves and they actually do an even better job of judging themselves and not valuing themselves, and so they're constantly in this judgment state towards themselves. And when that happens, of course, you're going to be angry. Life is going to suck if you're constantly judging yourself as not being enough or not being lovable enough or valuable enough. So it's a big vulnerability for these people, and so in order to protect this vulnerability, they put on this perhaps like this bully persona. They pump themselves up so they seem kind of scary on the outside. And they do this because inside there's a lot of vulnerability. And what we can take from this is, is that we all have our vulnerabilities.

So, fortunately, if you're on this path, you aren't in constant anger. You couldn't be to consciously evolve. But you are on this path and you're still a spiritual being having a human experience and you're still going to have vulnerabilities. We all have our vulnerabilities. And with feel every emotion as love, it's really up to us to become aware of our own vulnerabilities and use our emotions to support us, to grow, because our vulnerabilities can become a consciousness leak, actually an energy leak where we're tending to that vulnerability which is what somebody who is very angry is doing. They're tending to their vulnerability by being the bully and projecting this image of armor and being tough. They're protecting their vulnerability. We do it in more slight ways. It's not all the time, but when it happens, it's our opportunity to pick up from it and grow.

So if you're like me, you're going to have those times where you get snappy, where you lose compassion. And that's normal. That's normal walking this path. And a lot of times what we can do is say, well, that's not typically myself, and we're good at forgiving ourselves, and we move forward. But there are also actually lost opportunities if we don't take from them an opportunity of growth. Now, this certainly doesn't mean beating ourselves up for it if we get snappy or if we lose compassion, but it's having the spiritual understanding of this. And so it's our job on this conscious path to dig up this stuff because our anger can be buried really deep, especially at this level, because it's like, for the most part, we're cruising through life. Life feels really good. And so it's being detectives and pulling this stuff out. Now, again, this isn't for the sake of heart. This is for people who are really committed and passionate about evolving, because it really does amp up your life to another level of feeling so fulfilled and so passionate about life, but it takes that responsibility that I'm going to go there.

So again, the majority of people aren't going to do this. Be honoring of yourself that you're willing to. And so why you want to do this is, is because there's actually gifts that are going to be revealed to you, that's going to support you to fulfill your life's work with greater ease, with greater clarity, and that's what you want. Your life's work is important, and especially if you're on this path. I know it is. And I'm glad you do too, that you've invested in yourself to learn this.

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So when we get snappy -- and believe me, just ask my family, I get snappy. I lose my patience. I lose compassion. I just want things done. And those are opportunities to grow. And it's not about saying that when I lose compassion it's about, well, that I should become compassionate. It's learning what is underneath the reason that I'm losing my patience, losing compassion, and getting snappy. Okay? And you don't have to be afraid of going there with yourself. I think a lot of people get afraid because we have our own ugly version of when our anger just turned not so good and we really hurt others and we hurt ourselves.

And I certainly have an example of that, that I'll briefly share. I wrote about this a few months back, so this is pretty current. This happened within the last year. And it's basically about me sharing a time when I had a week without support. Now, I live a very fortunate life where I feel very blessed with support. I have a great babysitter who's like family. She was out that week. She usually helps me out two afternoons. My husband is super supportive. He definitely takes on a true partnership with raising our kids. So I had my babysitter out that week and then my husband was gone that weekend, and so it was just me and the kids. And I am fully aware that for some people this is like their life. They do this by themselves. They're stay-at-home moms or single moms or dads that can do this. It just wasn't my -- it's not my gig to do it full time.

But anyway, I really wanted to embrace it and I had planned out all these great activities. Well, one of the last days -- my husband was due home on a Sunday. It was Saturday. I was like, oh, let's go all out, let's go to the museum, let's create this fun day, have a movie night. Well, my kids were just -- they were starting to miss their dad and they're not used to him being gone. And they started getting to the point where they were at wit's end. And this basically occurred in that there was -- we were eating dinner and the boys spilled their milk, my twin boys. I have a daughter 18 months older than my twin boys. My twin boys decided to spill their milk in a matter of five minutes collectively three times. So once was fine, twice I got frustrated, and the third time I lost it. And I sent them up to their room and I just -- "get out of here." I didn't even want to look at them while I was cleaning up this milk.

And so they started to head upstairs and then they come back down screaming because they're scared of monsters or something. So, of course, at this point, I am completely exhausted and frustrated with them. And with all the compassion that I had left, which, by the way, was none, I said to them fairly loudly, "Good. Get up there because the monsters love to eat naughty boys." I mean, who says this? Obviously, no compassion there.

But that's not the end of it. So I say this to my poor boys who are scared to go upstairs and they begin to get upset. And I'm upset with myself that I said this to them and I'm not being a good mom and I started crying. So we make up. And seriously, no more than five minutes later I get a phone call and they start going bananas. And I am so ticked. I mean, I'm just like,

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you've got to be kidding me. We just had this make-up session. I thought there was going to be at least a half-hour honeymoon period where they would be good for me. And it did nothing.

And I got off the phone and I took away the movie night. I was just so upset. And two of my kids, my daughter and one of my sons, felt bad and they're like, "We're so sorry." And, by the way, my son -- I don't know if I mentioned it, but my twins are only five, my daughter's six, and this is all going on. But one of my sons just throws a complete temper tantrum that I take away the movie. And that just does it for me. So he's on the floor throwing a fit and I get over him and I put my hands on his shoulders really firmly and I yell at him in his face, "You jerk! How dare you throw a tantrum when you've been so -- you guys have been acting up so much for mom and I've been so good to you and taken you to museums" and blah, blah, blah. I got my victim story about it all. And, of course, it took me no less than a minute to realize that the only jerk is the adult who is calling her five-year-old son a jerk and to really realize how much my anger, and the ego version of my anger specifically, took over. And it's not pretty.

And so we see these instances of ourselves where our anger gets ahold of us like that, and it's like, "That's not me." But I share this story because it is me. Our anger, even the ego version, is equally myself and yourself as is our joy, as is our compassion. And we don't want to shame this part of ourselves. We don't want to put it in a box and just promise to do better because that's when, actually, we have to worry because that's when anger unconsciously seeps out and we can do passive-aggressive things and we can also -- things can build up and they become this big dramatic volcano that bursts. And that's actually what happened with this. I was trying to keep my cool for a week when really I should have called in further support, but I wanted to believe that I could handle it. And it was my ego leading me. And that's why this blew up like it did. But it's interesting, like for a while my ego would cringe that I would share this story about me being so mean and so angry.

But I want to share with you something that I read recently from Deepak Chopra regarding this. And he shares that the measure of enlightenment is how comfortable you feel with your own contradictions. And so how I take this from a psychological standpoint is it's really us getting comfortable with these emotions that we are uncomfortable with, like can we be comfortable with the fact that we are on this path and we are walking it consciously, but there's going to be moments where we go unconscious, where we go into those moments with our ego.

And he shares this by giving an instance where he was at this book signing and this lady demanded that he give her three hours of his time. And she got really angry and belligerent towards him that he didn't give this to her, because he talks about believing in miracles and if you believe in them hard enough they'll happen. And she just went off on him. And he was so shaken by this. But he goes back to how people mirror back to us the reality of who we are.

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And so he went to looking at her anger and her confrontation and then called his wife and said, "Am I like that? Do I get angry? Do I get confrontational and demanding like that?" And all he said was, is that on the other end there was just this really long silence. So, yes, yes, he has these moments of anger. We have these moments of anger. And the more that we can see them within ourselves, we actually support ourselves to move more consciously because if we don't become conscious of this, and not just become conscious, we're aware that we are able to be angry, but also shine light on it and not be shameful of it, then we can see the truth of the matter, then we can really understand what was at hand that caused us to be angry so that we can learn and grow from this.

Now, the exciting thing about feel is, when you feel every emotion with love, as love, you don't have to have these dramatic circumstances come up to learn from your anger. And that's what I love about it, because it's like taking those little moments where you get upset -- and when you're on this path, it's so easy to move past them because, again, our life is so good. It's easy to put our focus in other places. But it's like we are purposely examining and saying, hey, wait, I saw a moment where I was a little pissy here, ticked off here, and what's this about? And it's like you dig and you welcome it and you want more because it is there to serve you.

So, again, we are going away from the ego version. You are correct, that ego version doesn't really serve people that well. Yes, there's still opportunities to learn and grow from, so don't get upset if you have a dramatic outburst with any negative emotion. If you have a dramatic outburst with anger, trust that you are consciously evolved enough to address it compassionately and grow. Okay? What the big shift is, and I really want you to get this, is learning that anger is actually there to support us.

So right now what a lot of people are saying who are on this spiritual path is get rid of your anger and be more compassionate, be more forgiving. And that tells me that they are only understanding anger from an ego level. And the only direction they're telling you is to get back to being spiritual.

So what happens when our anger comes out at an ego level, we lose our spiritual stance. Really, when we're on this path, we want to have one foot in the spiritual, one foot in reality. And because we are meant to be human beings that are part of this reality and that deal with all the things that go on, crazy co-workers or upset kids or whatever it is that can press our buttons, that fuel our anger. The point is that we're not supposed to never get angry. And that's what actually angers me, that is so often the message that we hear, like we're not allowed to be angry. Be angry, but do it as you feel every emotion as love.

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And this is not -- I'm not telling you to be angry and -- I'm sorry, I'm not telling you to fuse out your anger and just be compassionate. What happens is, when you are angry and you feel it as love and you understand it as love, it is not power over, it's power with. And see, this is what the spiritual side to anger is actually about. It's about you reclaiming your power.

So if you only understand this from the ego level and then say you shouldn't be angry or you should try to be more compassionate, you lose out on this very important gift of you owning more of your power. And we need to own more of our power to fulfill your life's work. You need it. You need that personal power. And it's not going to happen if you just say that whenever I'm angry I should be compassionate, because with compassionate, let's think about it. Do you feel your power coming through that? No.

So the difference is, when you feel every emotion as love, you're tapping into the spiritual. And when you're tapped into the spiritual, you are already compassionate. So you don't have to worry about that. But it's how can I compassionately show my power here, because the anger is a signal telling me that I've lost my power. And it's important enough to come up through my energy and through my emotions to get my attention here and I really need to pay attention to this. So how can I compassionately show my power? So this is very, very different than just being compassionate because a lot of times being compassionate is just seeing the other person's side, but it's I see your side while I also see my own and my own need to exert boundaries or exert my will.

And I really want us to look at spiritual teachers and how they have taught us about negative emotions. So not the spiritual teachings but the spiritual teachers. So if any of you heard one of my videos, I was a history teacher in the past. I've studied world religions and I was always fascinated about what they have in common and really what these spiritual leaders shared and how they went about doing this.

And so for me this turns to Jesus, where most of us know Jesus, whether you're Christian or not, as someone who is loving, someone who is compassionate, yet there's also stories of Jesus regarding his anger. And I love these stories because what he's really doing is showing us a spiritual understanding about how to use anger and that anger is actually okay when it comes from love and when it comes from the sense of I will no longer tolerate what is not for my highest good and your highest good.

And so it brings to me I get that way when I'm like the mother bear with my kids. I want to create a life where we feel good and we feel at peace. And sometimes to get there it's saying no longer will I tolerate your tantrum, no longer will I tolerate certain behavior. And I really feel like that's what the message was when Jesus got angry. It's like, wake up. This isn't good. Pay attention. How do I get your attention enough to see?



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And what this really is about is, I'm going to use my anger, of that energy, of that passion that is within me to evoke that energy within you. And it's so damn powerful. And I want to use that. I'm going to swear sometimes because that is energy. Let's wake up to it. Again, don't be afraid of your darkness. I know some people get so thrown off by swearing, but it's, again, shine the light, don't be afraid, it's energy. And sometimes we use these words for energy. And it's the same thing, we use our anger for energy. And it's not, again, power over. The power over is the version of the ego. It's power with. Okay?

So I'm going to be giving you videos about how to specifically do this, but I want to give you some examples of what this looks like. Power over is being the bully and is giving ultimatums and is being mean-spirited. I mean, you know when you are not coming from love. But there is a huge difference of when you tap into a sense of certainty within your heart about what is right, and you are guided by that, and that from love and compassion you deliver that message.

So let's take something as simple as -- an example from me might be maybe I've wanted my husband to help out more with the household work and maybe I wanted -- maybe I was really annoyed and getting angry at the fact that I woke up every day to have to do the dishwasher. And so at first you're going to hear the ego. And it's going to say that you're somehow the victim, poor -- so in this instance, it would be poor me, I do so much, I work, I take care of the kids, blah, blah, blah. And I'm angry that my husband isn't helping out more. And it's his fault and he should be doing more. That's the ego version.

Now, from feeling every emotion as love, you now know that it's not about being the victim. It's about how can I take responsibility more for my life. Especially, this is what excites so much about anger, because the anger is there, again, to claim your power. So it's saying where have I not exerted my truth in this situation and how can I do so out of love, because with compassionate eyes, I can see that my husband loves me, I can see that he didn't mean me no ill will, I can see that he helps me in other ways and he's willing to help me. So, you see, it's still I'm willing to share and exert my truth and claim my power by being willing to change things while having compassion.

So it would be something like, you know, babe, I know you help out in so many ways and I'm so appreciative of that. I'm just feeling a little stressed in the morning, and if you could take over maybe every other morning doing the dishwasher for me, I would really appreciate it. And guess what? That's power and that's our feeling every emotion as love. That is our anger being channeled through love to understand the true message of what the anger is about and then creating change.

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And when you tap into that power, watch out, because you are going to be making changes, claiming more of your power through this energy of anger and your life is just going to fall into place with much greater ease and you are going to have the energy to give to your life's work. Your energy isn't going to be leaked on emptying the dishwasher. You're going to have more energy to give to your life's work. Again, it doesn't mean that you're not doing household tasks, it's just that it feels good and right to you. It feels more balanced.

So this is the whole thing about this whole process that I'm going to be teaching you with each of the emotions and why they come up, it's to get you to this balanced state where energy flows from you and it flows to you, giving your all to your life's work in all those different ways that you're meant to give to your life's work. Part of my life's work is sharing with people this new and exciting way of consciously evolving our emotions. Another part of my life's work is being a mom. Another part of my life's work is being in partnership with my husband. Another part of my life's work is creating a home that feels good and right to me. So we have all these different aspects to our life's work and they all need to maintain balance so that we can fulfill them in all the ways that we're meant to.

And so our emotions are the guide that just says this part needs to be tweaked. And so anger is so amazing because it's really about tweaking us to own more of our power. And when you get this, it's transformative in every area of your life. So this will come into play with people in relationships, with your co-workers, with your siblings, with your family, with your kids, you name it. And it's up to us to dig deep enough that we bring it up to our consciousness. That's our job. And then from our consciousness, we can say, I'm aware of my anger, that's step one, becoming aware of it, and then, two, deciphering the ego, like let it go. Don't be afraid of it.

So a lot of times people on this path, we know the power of positive thought. And there's so much out there about how we want to utilize positive energy and how negative energy sends out a message to the universe that will make us stumble, that will block us in some way. You can't be afraid of that to the degree where that stops you from becoming aware.

So what I mean by this is, is that you want to be able to write down and bringing your consciousness, your ego version. So don't be afraid to do that. Some people think, oh, if I put it on paper, what kind of message am I putting out to the universe? Believe me, this is where people are getting stuck. You are actually going to evolve even faster by doing this because you're bringing out of the darkness, you're bringing it out of the shadow, and you're saying, this is the ego, this is what my ego wants to do with anger. And I'm putting it in black and white so I can see this. And then what's the truth of the matter? And so it becomes really clear if you spell this out to yourself and say, here's the ego version and let's see it for all it is because it's filled with fear and it's filled with falseness, and then let's reveal the truth. And that's the spirit.

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And that's the exciting, exciting part, because there's so much more truth that's waiting to be revealed through each of us through all of our emotions.

And so get excited because what's going to be revealed to you is going to be so clear that that ego version is false, that that ego version is tripping you up unconsciously, and those blocks are going to diminish. What's so exciting is, is that once you get the spiritual message in regard to anger, it's about owning more of your power and taking responsibility for your life, watch out. It's going to be so darn exciting. And how you're going to be able to shift your life.

So what happens, again, people aren't willing to see this, don't do this, they're unconsciously blocked, the energy leaks, they're passive-aggressive, and really they're not claiming their power to the ability that they can. And so you're calling out your ego, basically, and saying, I see your trick, I see how you get me every time. And then you've got that power to understand. You bring consciousness and awareness to it.

So the other exciting thing about feel is, is that sometimes you don't even have to get others involved. There's going to be cases where, yes, you have to address it with your spouse or your kids or a co-worker or your boss. You'll have to address something. And that's part of owning our power and taking responsibility. The aspect about feel that I love is that so much of the time what we are going through, what the anger is truly about is anger towards ourselves, anger within ourselves, especially when we're on the spiritual path and this consciousness path because we are -- again, we're so used to making things work that this stuff can get buried. And so when you're at this stage of the game, it's really how can I bring up anything that's blocking me so I can cruise and be more and more into the flow. I know you're already in the flow, but let's be in it more often or feeling more of that energy pour through you. That's what it's about.

So with feel, anger's going to come up. There was an instance from me when I got this where I just woke up one day and felt angry and there was no rhyme or reason to it. And then it shifted really quickly in my meditation and I was in peace. And I said, no, I want to go back to that anger. I want to know what that's about. I know it was just a twinge. I know it was just there for maybe five or ten seconds, but what is that? And I want to go there because I know once that block is released I'm even more profoundly claiming the energy that I need to fulfill my life's work. So that's why I do it. And then it's like interesting. It's saying, what's this about? What is my part in this? And what can I do to claim more of my power? So see, you've got the key now. You know that anger is about power. And so you've got to ask these questions to yourself. And so, yes, there's going to be this ego version, that what's the part where you feel powerful claiming it and where you feel like you're taking responsibility for it.

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Now, sometimes there's going to be people in our life that support us to understand that there is anger still within us. So for me, this person has been my mom. And my mom and I had a good relationship and then it got really tumultuous through my 20s when I was going through my own inner awakening. And she got the brunt of a lot of anger, of my anger, and a lot of blame that I put towards her. And this is the magical part, is that once you start to consciously evolve and you feel every emotion as love, that, sure, there was a point where my mom and I had to work through this stuff and there was reason to the anger and there was pieces that we had to renegotiate with each other. And that's in any relationship. So it's understanding that if you have to have these renegotiations with people, and even if you're not so compassionate and loving, that trust and the love that is between you to get you through it.

So when I went through that with my mom, I wasn't feeling the emotion as well as I was just feeling the anger. But when it comes up now, now after understanding feel every emotion as love, it's really interesting the things that can still come up that I could be angry at her about. And I saw this not too long ago when it was really about me sharing how my spirituality and my faith beliefs have changed. And my anger was about her judging me or her not understanding me or her not seeing me. And luckily, I was at this place where I knew anger was about power and I could see that the anger was really towards myself. It was that part of me that still bought into things, the beliefs, that no longer were incongruent with where I was really at. But I was hurt by myself for the lack of acknowledgement. I was hurt for myself for not seeing and accepting myself fully.

So in those instances, even though the reality still was that my mom -- sure, she still could get upset regarding my beliefs. That wasn't the point. The point was that her upsetness would trigger something within me and would trigger my anger. And then it's really to say what this anger is about is that I don't validate this within me, because if I validated this within me, even if my mom would share that she would be upset or judge me because my beliefs are different, it wouldn't impact me because I would know with certainty within myself that my beliefs are good and right for me. And my beliefs are valid for me. So whatever these instances are where we get upset with someone because we feel like they don't see us or they don't love us or they don't validate us or they're not accepting of us and we're afraid of their judgments or we're mad at their judgments, it's really our anger at ourselves that we buy into it.

Recently I went through this with someone who was sharing this about someone who was calling her basically stingy. And she always works her hardest to be a giving person, generous with money, and so it was really hurtful to her that this person would consider her stingy. And I said to her, well, obviously, there's a part of you that buys into it. You believe that you're not as gracious as you could be. And so it was really looking at what the message was about and really her essence wanted her to claim back her power for her to recognize how generous she is, because you have to have boundaries around this. And so anger a lot of times is about

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claiming good boundaries. It's like know that you're generous and know that there's also times to have boundaries around money.

A great example is we all look at Oprah and we see how generous she is, but she had to really define boundaries with her family because she was saying everyone was coming out of the woodwork asking her for money. And she did it for a while and that made her angry. And she saw ultimately how this wasn't serving herself, Oprah, and it wasn't serving those family members. And so that's what this is about. Like the ego message will come in and say, but you're not generous or you're not a good person or you're not a person of faith or whatever that is. And that ego message is there to test you to say, I don't buy into it anymore.

So it's really with gratitude that we thank our ego to say, thank you for bringing this up so that I can further claim this within me. And this is huge. How can I further claim my truth within me, because a lot of time our essence is saying, this is baloney that you keep believing in your ego; when are you going to get the gumption to really believe in yourself because it's time and I need you and we need to work together to fulfill your life's work, so don't waste any more time doing this.

It's such a missed opportunity if you don't acknowledge the gift of your anger. It makes me angry that people want to turn anger into compassion without seeing this gift of energy that's coming through. I mean, think about when you get angry, even the ego version. There's such a surge of energy. So use that surge to serve you and to have that clarity that no more will I tolerate something because it's not for my highest good nor is it for yours. No longer will things go this way. And be clear about when there needs to be power with assertion, like Jesus showed sometimes knocking things around. I've never had to go there, but yeah, am I going to swear sometimes? Am I going to get rowdy to get attention, to wake people up to this surge of energy that needs to be woken up, not only within me but sometimes within others? Yeah. It's going to happen and that's okay. Do I want that to be my norm? No. Do I always want that to be my expression of anger? No. But am I willing to go there if I need to claim my power to that degree? You bet you. Because I know without a doubt my mission is that important and I know without a doubt your mission is that important. But are you going to know that and are you willing to be okay with looking like the typical standard of what a quote/unquote good person is? Are you willing to step outside that and be loud if you need to, to own more of your power and to get done what you need to while still being compassionate, while still being loving? And, yes, you can.

So it's really getting comfortable with your power in that way. And power can be soft and sometimes it's how we're meant to do it. And I do that very well with my husband. And my power has to be amped up sometimes with my kids. And not all the time. Certainly, it works better most of the time when it's not that way. But there's a time to get serious and there's a

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time to make change and there's a time to motivate and energize that shift. So that's what this needs to be within all of us and getting comfortable with you are knowing -- having that knowingness that you are still a good, loving, and compassionate person when you raise your voice and you are even more so because you are doing things out of love to shake things up and say, it's not good, it's not good for me, it's not good for you.

And this is really being able to, again, get used to our contradictions within ourselves so that we can evolve and shine this light on all parts of us and use them for our highest good. And, yes, sometimes you're still going to have that ego version come out where it's not that pretty. I still do. It seems to happen once a year to bring me back to humility and I'm grateful for that. And it's going to happen. And there's still opportunity to learn and evolve and grow. And I trust in myself that much, that even if I do let the ego -- it gets the better energy more than my spirit that I can come back to my spirit and resolve these things.

So wherever you're at and however this comes up -- profoundly that it came up with me was a while back where I got really angry at God, Source, Divine, however you want to look at that and however you connect with that. And what it really taught me at an early age, I was in my 20s, but it was one of the most blessings and such a gift because my religious background was basically, you get angry at God, you're like -- it's not good. A lightning bolt's going to strike you and your life's going to go to craziness and it's all bad stuff. And it really deepened my relationship with Divine Source. And I'm so grateful that I opened myself up to be vulnerable and even allow that ego version to come through my anger with God at that moment.

So I obviously don't go around promoting getting angry with God, but I think it's about being authentic and trusting that when you have a connection with -- whether it's God Source or whether it's with someone else that you're intimate with, that sometimes that that process and that vulnerability can help deepen that relationship. And I'll never forget that. And I cherish that and use that to understand that even when I really mess up there's an opportunity to grow and evolve. But don't be afraid of that. Don't be afraid of messing up. Don't make that -- because what we fear -- what we resist persists. And so if we fear messing up, if we fear our anger, it's going to persist within us. And at this stage of the game, it's not going to persist to the point where you become an angry person. It's not that. It's just going to subtly block you. And again, you need it to claim your power. It's that simple. And again, remembering that feel every emotion as love is not power over, it's power with, and that you can have this power with listening with compassion and, most of all, with love.

So as we think about this and as anger comes up, I'm going to be continuing to take you to the next level. And part of this next level is recognizing that we can't have anger -- this is a fact -- you cannot have anger without sadness. It's really interesting, I think. And we're going to be touching into that next. But it's really important to get to this power piece before we get into

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sadness because it's really supporting you to create healthier boundaries and allow yourself to evolve really is what it's about.

So at the end of this, as we start to wind up here, what I want you to do is reflect on overall the impressions that have come to you as you listen to this. Again, the good and the bad. What do you still feel challenged with? What insights came to you regarding anger? And think for a moment about people in your life that you consider angry, because this is really going to support you to see your stereotypes about anger. And so it's moving beyond the stereotype, is really moving out of the emotional Stone Ages. And I also want you to examine your relationship with anger.

So this is kind of something that you can be working on until next week is, what's your relationship been like? Are you a people-pleaser, afraid of anger, afraid of confrontation? I get this a lot of times with people. They don't like confrontation. And recognizing that that's when you are negotiating really your truth and the time has come where you can't keep going with this compromise. And getting comfortable with it not looking like that fear version of that person in your life who shares their anger very freely, too freely, that it makes you uncomfortable, that you will not become that. You are too conscious to become that. Okay? And even if you have a moment where it looks like that, it does not define you as that and you'll be able to work your way through.

But look at your relationship with anger and how you handled it in the past and vow to become more spiritual. And that allows you to claim more of your power through love. And understand that anger is going to be this vehicle, this gift, that allows you to do this. And soak this in, that anger is going to be your vehicle, anger has been your gift, and really take notice of times where it's been a lost opportunity. That's how I want you to start thinking of it. And it really is such a retraining, because I've worked with people personally. I've given people the concepts to this program to really apply this to their life. And it's like such an instinct to us now to bulldoze over certain feelings. And if this is really an uncomfortable one for you, this is the first part of your work, is to not bulldoze, not try to fix, not try to resolve, not try to move past, not try to detach, but see it as a gift and how you can begin to take more responsibility.

So I thank you again and honor, truly honor you for being a small percentage that is going to get this, because we need more people sharing this and modeling this in a healthy way, especially when it comes to anger. It's just going to heal so many aspects of our life and really create more intimacy in relationships when you can feel every emotion as love. And we're in relationship all the time. We're in relationship with the Earth, with people, with our community, and it's calling for us to own this power in a loving way.



## F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

### Journaling Questions and Exercises for Lesson 6

#### **ANGER Regarding Your Sense of Self and Physical Self**

Anger can be a little tricky when it comes to your sense of self and physical self. It just isn't that often that you are going to notice that you are angry with yourself or toward your physical self, unless it is a dire circumstance. Yet, anger does come in and out of your life at smaller doses as you continue to evolve. You don't want to miss out on the opportunity to claim the amazing gift of owning more of your power. Below are some questions to journal about regarding anger and your sense of self. Some of these may be challenging. Don't worry if you don't get them right away. Come back to them when you feel anger within festering and see what response you get at that point.

(Remember when you journal, you will often hear the ego first which is critical or victim story. Allow that to release. See it for what it is, a story, and then re-ask these questions if necessary to listen to what your essence wants to share.)

1. Have I experienced recurring sadness in my life regarding the same theme or topic? If so, has anger come out as well?

A) If yes, what was that anger about? Was there a something that you were guided to do but felt too fearful to act?

B) If no, ask your essence if it is tired about the sadness over that topic/theme and ask how your spirit would like you to act instead.



2. What is your fear about your anger in particular? In what ways can you assimilate those aspects of yourself as a positive part of your being? What are those aspects trying to tell you from the voice of love?

3. From the standpoint of your anger, how could you honor yourself more? What does your anger want you to do to demonstrate this in your life? Ask if you are willing to follow this guidance by a set date.

### **Journaling Questions to Ask When You are Mistreating Your Body:**

1. How am I not valuing myself currently?

2. What false beliefs am I buying into that is making me feel like I lack power in some way or form?

3. How can I be with my body that reflects the personal power I feel within me.

The exercises are designed for you to get comfortable with your anger and your power. When you feel restless, tired and bored, it is likely that anger exists within you and wants to surface. These exercises can support you to get to the missing element that you are not aware of. Sometimes you will get the insight instantly and other times it may take a few hours for the insight to show up. The important piece is to not do these exercises to get rid of your anger. Rather you engage in these exercises to honor your anger to serve and support you. Once you understand or take action on the guidance offered, the anger dissipates on its own.

**#1 Do What Makes You Feel Powerful** –What activity makes you feel like you've got the power? (I do power kicks around the house to express when I feel in my power). Then ask yourself how you want to consciously channel that power more toward your life

and say it out loud as you engage in that activity.

**#2 Throw a Tantrum-** when you feel like anger exists but you just can't get it out, let the cells of your body begin the release by punching or kicking a pillow, screaming and moving the energy out of your body. Allow the energy to release then immediately journal.

**#3 Express Your Anger Symbolically** –sometimes it may be too difficult to see why you are upset with yourself. When you feel anger is within you, ask your essence to represent what the anger is about for you visually. Examine what you created and ask your spirit throughout and after the process what this represents for you.

You are doing amazing work!

I am so happy to share this information with you!

Michelle



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## Journaling Questions and Exercises for Lesson 7

### **ANGER Regarding Your Relationships and Career**

Anger is more present when it comes to relationships and career. In fact, as you saw from my video, I believe anger is a good sign for you if your relationships or career aren't going as you would like. Rather than staying stuck in sadness, you want your essence to feel that you will stick up for your highest self. Not feeling anger when things aren't going well is not a good sign.

Below are a few questions that pertain to relationships to support you to recognize your anger and support you to shift to feel your anger as love.

(Remember when you journal in regard to relationships, you will often hear the ego first which in this case will likely make you a victim. Allow that story to be heard and restate the question to your essence to respond.)

1. Name a relationship in which you feel you are tolerating behavior that doesn't feel good to you. This may be an intimate relationship, friend or someone in your family – including your kids!

2. When you get angry, what usually happens? Do you act from your ego, dismiss/bite your tongue and how do you feel about your actions?

A. If you react from your ego, where someone feels that they got their head bit off, ask yourself why you feel powerless in that moment? How would your essence want you to handle the situation

instead?

B. If you bite your tongue or dismiss your anger, what is it that you fear by addressing how you feel? How would your inner wisdom want you to respond? What would it say?

3. In what way does your spirit need greater protection, respect or treatment in your relationships?

4. Can you lovingly state your spirit's needs without coming from a victim standpoint?

5. If you feel like a victim, ask your essence what choice you have that will give you back your power from the standpoint of love.

### **Journaling Questions to Ask Regarding Anger and Your Career/Work**

1. Do I feel honored and valued for my work?

2. Do I feel capable of creating boundaries with my work that will support me to function at my best capacity?

If no, look for the victim story. Again, it isn't that the victim story isn't true. Those facts are true. You become a victim based on how you react to those facts if you allow the facts to take away all of your power.

3. Do I engage in passive-aggressive behavior toward my job or work because a part of me feels unsatisfied? What would my spirit like me to do instead?

4. Ask your essence what your power looks like toward your work. What step can you take this week to more fully honor the power

within you when it comes to your work?

The exercises are designed for you to get comfortable with your anger and your power. When you feel restless, tired and bored, it is likely that anger exists within you and wants to surface. These exercises can support you to get to the missing element that you are not aware of. Sometimes you will get the insight instantly and other times it may take a few hours for the insight to show up. The important piece is to not to do these exercises to get rid of your anger. Rather you engage in these exercises to honor your anger to serve and support you. Once you understand or take action on the guidance offered, the anger dissipates on its own.

**#1 Create a new image of your boundary** – Draw, make out of objects or visualize a healthy representation of what your boundary looks like. Make sure it represents loving protection that supports and honors your essence. Imagine utilizing that protection when it comes to a challenging relationship or job and notice the difference in how you feel. Bring that image forward when anger arises.

**#2 Make a Boundary Chart**- Make a chart with 3 columns. In the first column label it “Desired Energy” write out what you would like to have more energy to put toward in your life. In the second column label it as “Energy Leaks” and write down where your essence feels too much of your energy is leaked out toward. Third column is labeled “Action.” In that column write down what action you need to take to correct energy leaks. What boundaries can be created or enhanced? How can you use your anger to support you to make this happen rather than blow off what your essence truly needs?

**#3 Choose a Power Day** – Pick a day this week in which you are willing to claim your power throughout the day toward your work and your relationships. For that day, be willing to express your desires, feelings, thoughts and concerns in a way that feels good and right to your essence. (REMEMBER - This isn't about your ego going off on anyone. Your essence's power is about lovingly taking a stance for you!) Note how it felt for you to stand in your power, if

there were moments you felt uncomfortable and what that was about for you. Did you like the outcome? Last but not least, what prevents me from exerting more of my power in relationships or work more often? What will support me to express this power with greater ease?

I am so excited for you to be learning this lesson. Please share any stories that occur as you apply these lessons to your life! Your shifts are important to acknowledge no matter how big or small and others can always learn from them – so please share!! You can email them at [support@michellebersell.com](mailto:support@michellebersell.com)

Wishing you continued blessings on this mastery journey!

Michelle



## F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

### **Lesson #8 Enhancing Ritual & Deepening Your Evolved Relationship with Anger**

This week's lesson is about continuing to enhance ritual as well as reaffirming your evolved relationship with anger. Because anger from a spiritual standpoint involves tapping into your power and passion, I want to make sure your sacred space reflects that which is within you.

Overall, you want to make your sacred space a reflection of your essence. What stirs you and draws you in wanting more? Images or symbols of your passion are an important component to your sacred space.

What about power? Is your power symbolized in your sacred space? In what ways can you demonstrate your acceptance of your internal power, including your anger as it is now understood? Find a way to honor that in your sacred space whether it is through a picture, drawing or statue of something that demonstrates your power (both in its feminine and masculine forms) or through your own artistic endeavors.

You may be wondering what I mean by masculine and feminine forms of power. Generally speaking, the feminine is going to represent more passive aspects of yourself and the masculine is going to represent more assertive aspects. Regardless if you are a woman or a man, you have both and you want both represented within you.

Feminine power may be represented by insight, intuition along with grace of knowing how to be gentle while still firm. It is also represented in the power of nature, Earth, sensuality and sexuality.

Masculine power may be represented by assertive movement, taking action, courage, boldness and driven focus. Check within you as to what feels like an accurate description for both the masculine and feminine

within you. You can see how both aspects are needed with you to claim your power and recognize your anger through the lens of love.

\*\*\*Please note that because feminine power has been put down and even ridiculed (especially in the West), it is vital to foster this energy - especially during this time of profound universal energy shifts!

There are still other ways of representing power in your daily ritual and having options is what makes ritual a fun and creative process! Lighting a candle, burning incense and smudging are also rituals that unite you with the element of fire. As you saw through the experiential exercise, your anger is connected to your internal fire of passion.

Staring at a flame while contemplating your internal flame is a meditative way of reconnecting to your power when you feel a disconnect.

Burning incense can represent igniting within you the different aspects of yourself that you want to tap into at a given time. Your passion can direct you being able to tap into different aspects of yourself to serve you just as you can ignite different scents to support your frame of mind and well-being.

Smudging is a wonderful ritual to utilize your internal power and intention to clear away that which is not for your highest good. Just as your anger is present to clear from your life that which is not serving you, smudging can support the energetic clearing as well.

## **Suggested Affirmations**

Each month I will continue to give you affirmations that will go along with the theme of the feeling we are studying. Again, the use of flower essences is optional. I use them and strongly recom-



mend their use for any area that you would like additional support or advancement toward. Below are a variety of affirmations (and flower essences) to give you options toward the specific type of support that you would like to address. Use those that are a best match for your needs. (By the way, remember that your needs can vary depending on circumstances so it may be a good idea to keep these handy!)

For claiming more power toward your career:

Through Divine Grace, I believe in my ability to succeed. I am centered in the knowingness of my strength and courage that comes through my inner guidance. Through the love and wisdom of my inner guidance ALL IS POSSIBLE!

(Flower essence suggestion with this affirmation is **Tomato** by [Spirit in Nature](#).)

For honoring your essence:

Through Divine Grace I recognize and honor my essence. I listen to the needs of my spirit and create appropriate boundaries in order that my essence can feel free, at peace, loved and supported.

(Flower Essence suggestion **Boundaries** by [Fox Mountain](#)).

For igniting your inner passion:

Through Divine Grace, I recognize and connect with my inner flame and light. I love, nurture and support my inner light and as I do it begins to grow. This is the light of passion that burns within me, igniting every cell in my body supporting me to claim my internal power to fulfill my life's purpose!

(Flower essence suggestion: **Activ-8** by [F.E.S.](#))

When you don't claim your power for fear of hurting others:

Through Divine Grace, I recognize and honor both the feminine and masculine expressions of power. I trust in the power of love to guide my expression knowing that truth heals all.

(Flower essence suggestion: **Sitka Spruce Pollen** by Alaskan.)

## **F.E.E.L. Virtual Mastery Lesson 9**

### **Anxiety**

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Hello, and welcome to Lesson No. 9 of Feel Every Emotion As Love Virtual Mastery Program.

I am excited to be sharing this information with you. We are now starting a new topic on anxiety. And anxiety is such a big one because some degree of anxiety impacts everyone. I mean, who hasn't felt nervous, overwhelmed, and worried at some point in their life, right? I mean, it's a common feeling. And at the same time, you don't want to live feeling weighed down by your anxiety either.

I know what anxiety looks like when it weighs you down, and it isn't pretty. My 20s were like that, filled with anxiety where I was worried and concerned by pretty much everything. I worried about my weight, I worried about my appearance, I worried about my relationships with others, worried about my career, worried about what I said to people, what I didn't say, how I came across to others and if people liked me. I worried if I would ever get married, if I would be successful. I mean, you name it. I was worried about it and felt some level of anxiety which means how I functioned was largely consumed with worry.

Imagine for a minute how much this impacted me when I lived my life filled with anxiety. Let's just take one night going out with friends for an example. First, it would take me an incredibly long time to get ready because I was so concerned what others would think about how I looked. I would then either want a cocktail while I was getting ready or the moment I walked into any social situation because I was nervous about how I would come across to others. Not that that mattered because every time I did go out I would end up feeling concerned about something I said to someone anyways. Maybe I was being insensitive, maybe I was being too strange or too obnoxious. These were all the things that I worried about. And, of course, I carried that worry on to the next day. And then that day I would have more worries come up, and worry after worry would pile up on me that day.

So, obviously, at that point in my life, every day was filled with anxiety. And when I live that way and when you live that way, you are no longer living freely. When you are consumed with anxiety to this degree, it is because you have lost your authentic self. You are not consciously connected at all. And rather than live by your truth, you live by what you believe will make you acceptable and what will get your needs met.

Now, because of your disconnection with yourself, being able to get your needs met is out of your hands. So even if you're a person who doesn't struggle to this degree, the same thing is going on when anxiety does pop up in your life. So what happens is, is that anxiety comes up because you are looking outside of yourself to have your needs met, and your needs being met becomes out of your hands. It's in the hands of others which can be quite scary because you don't know if they are or are not going to meet your needs.

So uncertainty arises because you no longer have or feel in control of your life. And if you're really deep into it like I was, you are going to turn to things outside of yourself. So common

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### **Anxiety**

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things that people do when they turn outside of themselves because they're feeling out of control is food, shopping, drugs, alcohol, gambling, anything to fill that pitch of emptiness and worry that's within you. And when anxiety is going on to this degree, you aren't living your life. You are going through the motions to try to get your needs met and you are completely unfulfilled. And for this reason, for people who are really in the depths of anxiety, that's why it can be so paralyzing because it's really this control issue going on. And I have worked with people to this degree of where they couldn't get out of their bed. It was really impacting the way they live.

Now, this is what I tell everyone that I work with, and I'm going to share it with you, even though anxiety probably isn't impacting you to this degree. But what I share with everyone is, is that I am not going to get rid of your anxiety. I don't care how prevalent it is or isn't. And I mean it, because you have to be ready to be able to face some degree of anxiety because some degree of anxiety is actually normal. Now, of course, no one should be living feeling weighed down daily by anxiety. That is a sign that anxiety has taken over and it's not at a place where it's healthy. Yet the normal degree of anxiety is there for a reason. It's actually there for a reason whether it's normal amount or if it's weighed down for you. And that's because the purpose of anxiety from a spiritual perspective is to indicate to you when you are shifting away from your truth.

So even if you are not feeling weighed down by anxiety, you're just doing your human journey and you have your moments when you shift away from your truth, anxiety, worry, and fears are certainly going to pop up in those moments. And I actually see this as a good sign because you are going to get uncertain about yourself when you get out of your comfort zone. So it's a good sign that you become uncertain because it's indicating that you're getting out of your comfort zone. And in order to fulfill your life's work, you are often going to be called to get out of your comfort zone.

You see, we all came here to grow and evolve. You don't grow and evolve doing the same old same old. In fact, this is when I see anxiety really prevalent in people is when they are ignoring the guidance of their essence and they're trying to keep their life the same old same old. And their spirit is saying, uh-uh, no way, and I won't give you peace until you listen because it's that important that you listen. And so anxiety is there. The whole point of it is about you learning about your anxiety from an emotional consciousness level so that your anxiety doesn't have to be persistent. Your anxiety just wants you to listen. So when anxiety pops up, you are going to be thrown off. You want to be thrown off for a few minutes or maybe a couple hours rather than being buried with anxiety.

The more the message of your anxiety is ignored, though, the more you're going to feel burdened by it because you are not going to be in the right frame of mind within yourself to have the clarity to make decisions for your highest good. Instead, what's going to be happening is that you are going to feel really scattered. You're not going to know where to put your

## **F.E.E.L. Virtual Mastery Lesson 9**

### **Anxiety**

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energy and your attention first. And instead, you're going to be all over the board rather than being solid, concise, and focused with your energy and attention.

Now, I see this a lot of times with people, from stay-at-home moms to people in regard to their work. They just start to feel overwhelmed, and they come to me and they say, Michelle, you know, I feel like I have so many obligations, so many responsibilities that I just don't know what to attend first, and I feel like so many different things are pulling at me and I get really anxious and upset, and I feel like I can't attend to it all. And this is a sure sign that your anxiety has taken over and that you can't fulfill your life's work with how you are attending to your life right now because you are stretching yourself in too many places and your essence is trying to guide you back, is trying to give you the clarity as to what you need to attend to first.

But what happens is, is that you're so unsettled. And so with this unsettling energy, you will turn to things outside of yourself to try to gain a sense of calm. I mean, ask yourself if you ever turned to food or an alcoholic beverage as comfort and even find yourself being obsessive with things such as checking your phone or email for messages or cleaning your house. Things like this are all signs that you are not grounded and you are scattered. And what you're scattered is away from your truth, away from your essence, away from your authentic self. And when this is happening, you can try with all your might to get things done, but it's just not going to happen.

The reason is, is that your energy is being leaked. This is why no matter how far you are with your personal development, if you don't know how to utilize your emotions to your advantage, you will have trouble getting as far as you want to go because all of your energy needs to be working for you when you are trying to attain your desires, when you're trying to attend to the responsibilities of your life. And see, you need, you absolutely need all of your energy working to your benefit when you are trying to reach your big goals. The problem is that when your desires -- is that when you have a desire you're often also going to feel fear. And with your fear is going to be anxiety. And with your anxiety, only understood from an ego level, which it's usually understood by, your energy is no longer focused and out goes your energy being attending to the ego level of your anxiety rather than utilizing this force of energy to support you to get clear, to bring forth that energy, to bring you a sense of peace and centeredness within yourself about the next step that you're supposed to take.

So anxiety is tapping into your fears which means you are buying into some false message telling you exactly why you should not listen to your inner guidance.

So in the first month of our F.E.E.L. Virtual Mastery Program, we talked about sadness. And if you remember, sadness is when you don't even recognize your inner guidance. Now, anxiety is somewhat similar, but really what's happening unconsciously, you're not going to be really aware of this, is that a part of you knows your truth, but you are fighting that truth. And what's

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happening is, is that your ego wants you to be persuaded to believe that by ignoring your truth you will be better off.

Now, of course, it's not that obvious. I mean, the problem is your ego can be so convincing and slick that it tricks you, it fools you. This is why anxiety is a wonderful, wonderful indicator that you are going off track. When you are going back and forth in your mind, your inner truth is actually present. What's happening is, is that your ego is convincing you that following your inner guidance would lead you to undesirable consequences.

So, for instance, I had a client who really felt that she should talk to her teenage son, that there was just something off going on between them. And she really felt that she needed to share this information. And that's what was coming from her heart, but her ego was so strongly telling her that, you know, he's his own person and he needs to find his own way and she would be butting in and she can't treat him like a baby anymore, and so on and so forth, that, you know, it tapped into her wanting to be this version of being a good mom. And she didn't want to be a version of parenting that she experienced which was too controlling over her and too judgmental. And so she held back on this part of her that knew that her son needed some guidance.

So where the ego took over here was telling her that if she were to share her truth and share this message with her son, that she would be coming across in a way that she experienced which wasn't good, that didn't feel good to her as a child. And so she didn't want to do the same thing to her son. But see, what's really underneath this is, is that her desire to be considered a good parent and what a good parent is rather than understanding that her guidance is leading to a good relationship that's going to be important to her and her son.

So what was happening is she was having all these battles in her head. And then when that happens, anxiety is going to be present.

I experienced this with another client who was doing the same thing with feeling uncertain about a new client that she was going to be having in regard to her work. And she was feeling unconfident about the information she was going to present. She didn't know if what she had to offer was really going to be of benefit to this person, and so she had a lot of anxiety. And she said, you know, Michelle, I don't know if I can really help this person. And you see, in this case, what was going on, she was doubting her abilities. And so her inner guidance was there trying to tell her, you have already all that it takes to be successful, to be the person that you want to be. But her ego was bringing up these fears and these doubts. And then, again, this inner battle took place where a part of her knew that she had information, had gifts to share with this person, but it was the battle going on that, am I going to let the messages of the doubts overpower me.

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So, again, when this is happening, this battle becomes really difficult because you actually lose your centeredness. Your ego takes you out of your heart and into your head. And when you're in your head, you really can't make decisions. Now, here's a case where, in Western society in particular, but I think this has really become pervasive, where our head and using our rational mind has really become overemphasized. And really where people are coming back to and where I really feel this shift of consciousness is coming back to is knowing that when you make decisions from your heart and make it based on your gut, that you are going to make a far better decision. But it's very difficult to come from that place of trusting your gut and listening to your heart when you are filled with anxiety.

So the truth is that if you choose your ego over your inner truth, your anxiety will remain. And that's what's happening when you are battling this stuff out in your head. If you want to feel lighter, freer, and more energized, this is when you have to be clear within yourself about which path is going to be about honoring you, which path feels good to you and not worry about the consequences. Not worrying about the consequences takes trust. And I know there are many of you who can struggle with trust. This, again, is normal. This is a part of our evolutionary growth.

What this is really about, though, is your button is being pushed regarding you wanting control. You want to have a sense of control in your life, especially when it comes to something that is important to you because ultimately this is about you having your needs met. And many of you likely have an illusion about control. And that is, unconsciously you think that you have more control over life than you do. Now, the truth is that you do have control. It is just both limited and at the same time extremely powerful when used purposefully. Your ego wants you to believe that you can control others and, therefore, you can control your needs being met. You then get sucked into manipulating yourself in order to try to control whether someone will or will not meet your needs. The truth is, you do not have control over others, period.

So this is what happened with my client who was struggling with her teenage son. Her need was to be accepted and approved of by her son. So she wanted to be, you know, more stand-back, more be his friend. And really his need was to get some guidance from his mom. But she thought she could manipulate having her need met, when the reality was, is that if she trusted her gut, she would meet her son's need and she would have her own need being met of being a mother who is supportive of her son. I mean, that meets her ideal of wanting to be the type of parent that she desires to be. But see, her ego was convincing her otherwise and actually took her away from that, which is why her anxiety existed.

It's the same with the other woman. Her name is Sara who just landed a new client but didn't feel confident about herself. And see, it's the questioning and doubting of herself that would actually make her unable to meet the needs of her client. So when she doubted herself, she was taking away her ability to, first of all, fulfill her life's work and, second of all, truly meet the need of her client. Once Sara got clear and back to her truth, she was able to really gain control

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of herself and, therefore, meet her own needs and the needs of her client. But see, when you try to manipulate yourself by saying, you know, what are my client's needs and how can I meet them, or what are my son's needs and how can I meet them, you lose. You think you're controlling things, but you lose.

So what I want you to get is, you do have control over the most extremely powerful piece. And most people will choose to buy into the illusion of control rather than access real control. And I really want you to get this. The real control you have is over whether or not you are going to act in alignment with your truth or not. Take that in. The real control you have is over whether or not you are going to act in alignment with your truth or not. And so your ego is going to play a lot of song and dances to make you think otherwise, to make you believe in the illusion of control. And it's doing so in order that you get clear and actually deepen your relationship with your essence, that you begin to trust your essence, that regardless of what your ego tries to convince you of how you can get your needs by trying not to meet someone else's needs, that the only way that that can really happen is through you, not through trying to control others.

Now, what's key is, is asking yourself a few questions: Do you trust in yourself? Do you believe you are capable? Do you believe you have what is necessary to take that next step forward on your path? Your truth is likely that you have times when you completely trust yourself. And then you're also going to have times when you don't. Now, here's the amazing news. When you don't trust yourself, your anxiety is going to give you the exact next step for you to take so that you gain greater trust, so that you gain greater trust within you.

So what I love about Feel Every Emotion As Love is that you don't have to be perfect. You don't always have to be your best self, always believing in yourself. It isn't realistic and it doesn't mean you fail. In fact, it's just the opposite. These are your golden opportunities for you to grow. Now, doesn't that just blow you away? Isn't that so much more aligned with your concept of spirituality and love? You are being guided by a force that doesn't expect you to be perfect and actually wants to support you to grow to be your best. It doesn't -- you're not expected to be your best automatically. And through the love of anxiety, your anxiety can support you to evolve by gaining more trust in you. The amount of love that is present for you and for me always blows me away, especially when it comes to anxiety, because it's present to support you to get to your core, get to that truth. Know what is within you, listen, and act accordingly.

So the bottom line is this: Your anxiety is going to be present when you are, one, doubting yourself and your fear comes leaking and sometimes pouring through you, and two, it's going to be present when you choose not to listen to your inner voice and your essence demands otherwise. Your essence is going to give you the signal of anxiety to get you moving or otherwise you might lose an opportunity, especially when involved with fulfilling your life's mission. When this occurs, it's your job to listen. And that's what excites me because it's like



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you've got this innate system that is propelling you to fulfill your life's work. Your anxiety is sitting there saying, listen, listen, listen to me.

Now, what often happens, how this begins with a lot of people, it will seem like it has nothing to do with your life's work. So I saw this a lot with my relationship with somebody in my family. And there was someone in my family, you know, there always seems to be someone in someone's family that can kind of push your buttons. Well, my buttons were being pushed and they would, you know, certain names were being called. And I got to a point where, and I might have even shared this with you with one of the other lessons, that I got angry about it. And the anger, of course, was there for me to claim my power.

And part of this -- see, how all of these start to build upon each other is, is that when it came time for me to claim my power, I felt really anxious. I felt anxious that I would lose that relationship, and I felt anxious that I would make things worse by speaking my truth. And really the anxiety was there to help me get really clear that this is my truth and that, by acting on it, it's going to support me to get used to claiming my truth. And so, really, I have seen throughout my life that, once I got really clear about how anxiety is here to support me, it's my constant companion every time I try to -- I am on my path to claiming my truth even further.

So back in the day, it was about me claiming my truth to someone in my family. But that gave me the practice to begin to claim my truth when it first came out to sending out my newsletter. I can't even tell you the anxiety I felt the first time I sent out my newsletter. I was so scared because a part of me knew -- well, let's say the fear was that the information that I had to share people wouldn't get, that it went against the grain too much for people, that people would criticize it, that people just wouldn't get it. But because of the experience that I had of recognizing that there's these fears that come along with every time I stand in my truth, I saw it for what it was.

So I put my newsletter out there. And at first, you know, I was still scared and I was waiting to think about, you know, oh, what are people going to think. So a part of me was still giving my power away by worrying about what other people thought. So that was my practice then, too, to get used to putting out information that I have, insight that I have, and not be attached to what others think, to have more attachment to my truth, more attachment to the guidance that I've received, and believe and trust in that rather than what other people think.

And see, that's where anxiety really supports us as saying, here's your core, here's your truth, now act on it without doubt. And if you have doubt, that's okay. I'll work with you through your humanness and through your fears so that each experience you get, you get clearer about what your truth is. You get clearer about your core. You get clearer about your purpose. So to me, that's what's amazing, like anxiety is here every step of the way to enhance your trust with yourself, to enhance your ability to fulfill your life's work. And so if anxiety is coming in strongly, believe me, that means it's your time to really get clear and start to claim this.

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And so now sending out my newsletter is no big deal, but that's allowed me to do bigger things, to present the information that I have to share in better ways. So every step of the way my anxiety was there, to help me claim more of my truth. And that's what I have supported client after client to do as well and clients that started off at a much deeper level of struggling with their anxiety. In fact, one of my clients literally could not get out of bed on Monday mornings. She was so fearful about going to work. She couldn't move. And I've had mornings where I've wanted to pull the covers over my head and not get out of bed, but she really struggled. And once we got to the core of what her anxiety was about, which was, again, getting to her truth, being willing to be in her truth, speak her truth, act on her truth, that she became clear.

See, that's the gift of anxiety, that as soon as you start recognizing this truth within you and acknowledging it by listening to it and acting on it, you get to a place of inner peace and you get to a centeredness within yourself. And then it's like your energy is working for you. See, I really think that we're not meant to be -- just as we're not meant to be always experiencing negative emotions such as anxiety, frustration, guilt, anger, sadness, I don't also believe that we're meant to always be in a state of excitement or happiness or joy. I really feel that our state is supposed to be this centered state. And from this place of centeredness, you are like this open channel where information and insight flows from you. And when you're in that flow, of course you're going to be excited and passion's going to ignite and you're going to be able to do the things that you're meant to do. But I really feel like it's our job to get centered and then let the flow take over and lead you where it's meant to lead you.

And just as in my case, sometimes I was led to see my anxiety so that I could grow. But once I got the message, the spiritual message, the love message, the gift message of my anxiety that cannot be seen from the ego level, then I became in flow with the insight and with the gift and I was able to take the necessary steps that will allow me to fulfill my life's work.

So a lot of time people say, you know, Michelle, I don't know what the next step is. I don't know what I need to take to begin to start feeling my life's work. And my answer to them is, you're not listening to your anxiety enough, and what you're probably doing is you're listening to your anxiety from a fear and ego-based level and not the level of your spirit. And once you do, and I can show you how to do that, amazing things are going to happen. And that client of mine who could not get out of bed, it has been amazing to see how profoundly her life has shifted. She received a promotion. She started doing things like scuba diving, public speaking, things that would have put her in a tailspin of anxiety and fear, things she would have never imagined she is doing. So for you, when this happens to you, your job is going to be the same. Even though her anxiety was really deep and really prevalent, her job is the same as your job. Listen and act accordingly to your inner voice.

Now, I know this is easier said than done which is why I am going to give you a whole slew of examples in the next couple of weeks. Because you can pretty much name it. At one point or

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another, I have been anxious about this. I mean, seriously. I'm not kidding when I say my 20s were filled with anxiety. And still to this day anxiety comes up for me and the gift is, is that I'm able to shift it sometimes in a matter of minutes and sometimes it'll take a couple hours. But the point is, is that I'm not just getting rid of the anxiety. I'm getting the gift. And when that happens, that excitement flows through, that not only do you feel at peace and you feel more -- you feel so good because you're honoring yourself, you're automatically allowing yourself to step into that flow.

But what I want to share with you is, given all the experience I have had with anxiety, I can tell you with absolute certainty that when you follow the guidance of your essence, you will always, always be rewarded. Always, when you follow it from the message of love. Anxiety is the ultimate supporter to bring you back to peace, to bring you back to centeredness, and most importantly, to bring you back to your truth. From that place within you, you become so open to the possibilities and potential that await you. You become a clear vehicle to receive amazing insight from your spirit. When you tap into that insight, I mean it, watch out because you are going to profoundly change. And I really want you to hear this: You will make profound shifts, profound. I promise you. And more importantly, your essence promises you that this exists within you and that you need your truth to guide you.

And see, your anxiety is there to bring you back to trusting you. That's what this is all about: Trusting you so that you can take action on your life's work and in all the different realms that that means, in your family relationships, in your friend relationships, in regard to your career, in all sorts of ways. You are needed and necessary. And the more you question that, the more anxiety you're going to feel. The more you act accordingly to your inner guidance and trust it, miracles happen. And I don't use that word lightly, but I can't tell you how many times it has been this precise feeling that has led me to living a life that is beyond my expectations.

My limited mind wouldn't have thought of all the things I was capable of creating. It just wasn't even there. And the same holds true for my clients who have shifted their anxiety from the Stone Ages to consciousness. And now the same holds true for you. You are going to be capable of going beyond what you've dreamt. And I can't wait to hear about what your spirit has in store for you. So can you get out of the way of your essence so that your essence can come shining through? And can you honor your essence by trusting in it and acting on it?

Now, this is how you can begin when anxiety comes up. First, recognize the fear for what it is. So, again, with anxiety, fear is going to show up. So recognize the fear for what it is. And here are some common ones: First, it's going to be questioning yourself. You're going to feel self-doubt. You don't feel justified, perhaps, with your stance or how your heart feels. You may say something to yourself like, am I overreacting, or am I being too fill in the blank, whatever you might be too much of. And it's that questioning and self-doubt that are your clues that you have stepped away from trusting yourself. And that, of course, is taking you away from being able to listen and act based on your essence.

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The other piece of fear that is common that's going to show up is about control. And usually your ego combined with your rational mind are telling you something like, if I don't do X, I won't get Y. Or it might be simply something like, what will they think of me if I were to follow this part of me that wants to do something? Isn't that outrageous in some way? So recognize that fear for what it is. This is your part where you -- this is the consciousness part where you can get caught up in the fear, and then that's back in the Stone Ages because you're saying that you don't have control over this. But your first step is to recognize the fear for what it is. And you do have control of what's going on within you.

Now, to help you get there, you also need to get grounded. So what's happening when anxiety is going on is that you are spinning in your head. So let go of trying to make a choice or a decision in that moment because it's likely not going to happen. And if you force yourself to do it, it's not going to be a good decision. So, you know, I see this a lot of times, people are spinning in their head and they're just trying to plow through, and it doesn't work on their behalf. And you end up working based -- making choices based on fear.

So the key is, is to use healthy grounding options, like being in nature. Literally hugging a tree, talking to plants, taking a walk, meditate, pray, journal, drink an herbal tea. Now, you may still choose something like food or obsessively checking your email. I know this because I can still do both at times. But what I do when I turn to food or email or something that's compulsive is, is I name it for what it is. So, again, this isn't about being perfect, but what you don't want to do is be self-sabotaging. So to avoid unconscious self-sabotaging behavior, say out loud, I am eating right now because of anxiety, or I am checking my email right now because of anxiety. And what this automatically does is it makes you recognize that you are in a state of fear and you're choosing your ego.

So, again, you're human. Sometimes you're going to do this. And the point is, is when you say it out loud, you become more conscious. And so even though you might act on this, you can do so with more consciousness. So for me, with eating, I will automatically choose something semi-healthy and in limited quantities. So like for me, one of my favorites is blue corn tortilla chips. So I'll just, you know, grab a little bunch and I'll see it didn't work anyways. It didn't take away the anxiety. It didn't bring me any insight. And I actually will turn to the activities I know I need to do if I really want to feel calm. So, you know what, sometimes we are going to have these old habits. That's all they are. But the more conscious you can make them, the less you are going to turn to them and the more you'll recognize what you really need to do to get grounded. And then once you're grounded, you're going to be able to listen to your inner voice.

So, again, the more you have an established relationship with your inner voice, the more this is going to come through. So, again, you're going to want to have a practice of meditation or journaling, something that you turn to quite often that says, this is my time for me to check in

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with my essence, which is why I really believe in creating some sort of ritual which is a part of your toolkit so that you can continue to enhance that relationship so that when times come up, especially with anxiety, that you can ground yourself and open that channel to listen to your inner voice. And really that message is very present. It's the one, again, that's been batting around in your head and now it's just going to be getting clearer about that and trusting it and really honoring it.

And then, fourth, you act on what your guidance says. So this is really about do you have the guts to listen and follow through. And it really does take guts sometimes. It really is going to bring you out of your comfort zone, but the comfort you can have with this is, is that rewards await you. They always await you when you do. So even though it's tough, even though it seems like you're giving up on having your need met, that's exactly when your need gets met in profound ways, in ways you would have never expected. And that's why I say that anxiety is such a prime opportunity for miracles because it really does bring about amazing shifts.

So what I want to leave you with is using your anxiety to bring you back to trusting you, to guiding you to take action on your life's work. You are going to do amazing things. I know this because you are so open to this process. I am honestly amazed by your courage because this is not the status quo of information that's out there. And I'm so excited for you. I'm so excited for you that you are going to be taking this information and applying it to you. I know it works. It's worked on so many because it is authentic. There's nothing that you're convincing yourself of and it allows you to be human. I'm so excited for you to be on this path with me. I encourage you to keep finding your center and your truth. The more you grow, the more that anxiety might show up, but, you know what, the more there is to be revealed within you and that is when life gets really exciting. And I am excited for you.

So I will see you next week and I am grateful to have you on this journey with me. And I wish you to continue to live emotionally conscious and exceptionally well.

Bye-bye.



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## Journaling Questions and Exercises for Lesson 10

### **ANXIETY Regarding Your Career and Finances**

As you saw from the video, there are a few different themes that may be coming up for you when you are experiencing anxiety. You will be able to shift this energy to love and truth when you begin to identify your ego's theme regarding anxiety. The theme stays consistent until you consciously draw it out and begin to tease out fact from fiction. Because anxiety also comes up when you are paying too much attention to both your ego message and your rational mind over the wisdom and insight of your essence, there will be questions to support you to give your energy back to your essence.

(Remember when you journal, you will often hear the ego first which is critical or victim story. Allow that to release. See it for what it is, a story, and then re-ask these questions if necessary to listen to what your essence wants to share.)

#### Questions to Contemplate When You Feel Anxiety about Money & Finances

1. When you start to feel anxious about money, what messages is your ego communicating to you? Journal why you believe in the messages of your ego over the messages of your essence.

- A) What changes in perception does your essence want you to make?
- B) What actions does your essence want you to take?

2. In what ways do you fall victim with your relationship with money?

- A) There is not enough syndrome?
- B) I cannot afford mentality?

Journal what your essence is feeling in those moments when you fall victim to those ego stories. See if you can begin to recognize how your reaction fuels and adds energy to your ego rather than your essence.

3. How would you describe your relationship with money? Do you feel close and connected or out of touch, even fearful? Ask your essence if there is anything about your relationship with money that needs to change. How would your essence create greater health and intimacy with your relationship with money?

### Questions to Contemplate When You Feel Anxious About Your Career/Work

(Please note these will vary to some degree depending on your circumstances. Use those that apply to you!)

1. Do you feel fulfilled in life? What could change to make your life feel more fulfilling? How does that apply to how you manage or perceive your work?
2. Do you feel competent toward your work or do you underestimate your abilities? What messages do you tell yourself about those parts of your job that create fear? What would your essence tell you instead?
3. Do you recognize and honor your special talents or do you look to others to give you that validation and confidence? What does your essence say about the gifts you bring to your work?

## Exercises:

**#1 Stand in Awe of You** – Take time at least once per day and acknowledge all that you are and do. Stand in awe at yourself for choosing this life, with your challenges and gifts that are there for you to evolve and claim your fullest potential.

**#2 Stop Yourself**- this is the most important thing you can do when you feel anxious is to stop and pay attention to what is really going on within you. Anxiety can come on so quickly and so easily gets blown off as stress that you have likely learned to adapt to some levels of it. When this happens, you will be busy but chasing your tail. Stop and take 5 to talk to your essence.

**#3 List How You Would Feel Different if You Had Unlimited Amounts of Money** – ask your essence to guide you toward greater truth as well as support as to how you can begin to claim those feelings now!

Wow, isn't this fun and amazing to bring up these closeted blocks?!? Be amazed at the fact that you are willing to do this while so many will never be able to handle the challenge. You are doing great work!

Michelle





# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## Journaling Questions and Exercises for Lesson 11

### **Anxiety Regarding Your Personal Appearance and Relationships**

Anxiety regarding your physical appearance occurs because you are giving more credence to false beliefs rather than your truth. A prominent aspect to anxiety regarding your physical appearance is judgment. Judgment is an easy way to recognize how you are questioning yourself when it comes to your appearance. Your anxiety regarding your physical appearance is present to support you to evolve. Just because you are on an inner journey of growth and personal development that you forget about the physical side. Your essence desires to integrate both your spiritual and physical to claim your beauty inside and out in a way that honors every inch of you!

Relationship anxiety supports you from acknowledging your truth regarding relationships. The anxiety is present in order that you live your life in accordance to your highest self and ultimately heal your relationship with the feeling, expressing and experiencing love in order that you can live fully and freely enjoying your relationships.

Use the following questions to go deeper when anxiety regarding your physical appearance and relationships surfaces.

(Remember when you journal, you will often hear the ego first which is critical or victim story. Allow that to release. See it for what it is, a story, and then re-ask these questions if necessary to listen to what your essence wants to share.)

### **Journaling Exercises When You Feel Anxiety in Regard to Your Physical Appearance**

1. How do you question your appearance?

- A. List down and number all the ways your ego can be critical toward your physical appearance.
- B. Note how your judgment makes you feel, question yourself and react based on those judgments.

2. Now write down what your essence view of beauty and attraction is.

- A. What does your essence want you to know about your appearance right now, just as you are in the moment?
- B. Does your essence have any helpful or loving suggestions to support you to feel more attuned to the truth of your physical self?

3. Where is the disconnect between your essence and your ego's view of physical appearance?

- A. What old messages is your ego keeping you connected to that no longer fit you?
- B. How do these old messages not serve you?
- C. How do these old messages keep you away from your connection to your truth?

### **Journaling Exercises When You Feel Anxiety in Regard to Your Relationships**

1. What worries or fears come up regarding your current relationships or lack thereof?

- A. What long stemming message keeps a part of your heart remaining in that fear or concern?
- B. How does your fear, worry or concern make you react or feel?

2. What message does your essence want you to know about your current relationships?
  - A. What does your essence want you to remember about love that you have temporarily forgotten?
  - B. How would your essence want you to react differently to love?
3. Reflect on your relationship with Spirit/Divine Source/ God for a moment.
  - A. Do you feel loved in all ways in this relationship?
  - B. Can you share openly regarding all aspects of yourself?
  - C. Do you trust that your needs are met.
  - D. Write downs in which ways you can bring this relationship into your current relationships or vice versa that would allow you to more deeply evolve personally.

## **Exercises:**

1. Create a role model of a person who exudes grace and beauty when you temporarily forget your own. Think of that person's essence and ask for their essence to touch yours so that you can remember your own beauty and grace so you can reclaim it being fully expressed.
2. Look back to the journaling question #3 regarding your physical appearance for an idea. Choose one false belief that is not serving you and chose to address it by not feeding into its message. Examples may include: Switching from believing that you need to be restrictive with your diet to listening to your essence guide your eating for a day, week or month without judgment. Allow yourself to take a break from exercise if you feel you are not enjoying it any longer and ask your essence what would bring your greater pleasure instead. You get the idea – feed your essence not your ego!

3. Can you commit to taking a full day of silence at least once a year? Pick now and put on your calendar one day to totally be alone and disconnect from outside communication and commit to the date. Notice what feelings come up. Focus on the line "I am a light unto myself," especially if anxiety, restlessness or loneliness appears.

FEEL the shift taking place within you. I honor your courage for living in an emotionally conscious and empowered way!

Michelle



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## **Lesson # 12: Enhancing Ritual and Deepening Your Evolved Relationship with Anxiety**

In today's lesson, I would like to continue to enhance ritual by touching on the importance of meditation. Meditation is going to be extremely helpful when you feel anxious or worried. Rather than get whirled around and around in your head with worry, meditation will support you to come back to your center where there is calm.

What I find very interesting is that there are a lot of hang-ups regarding meditation. Two of the biggest are "I don't have time" and "I don't think I am doing it right." As far as meditation goes, I don't believe there really is a "right" way. You are going to get distracted but that doesn't mean you are not doing anything wrong. Meditation takes practice and compassion. Practice at giving yourself to find your center as well as compassion when you find your center only to have it last a few fleeting seconds.

Rather than get caught up in having this long, connected meditative practice, trust that you are getting what you are meant to during that time. Even if you don't feel "connected," honor yourself for being willing to try to slow down. This isn't about perfection, it is about honoring your relationship with your essence the best you can at that moment. That is it!

Below is some guidance that I suggest regarding meditation. Even if you have a well-established meditation practice, I would like to throw ideas regarding meditation should you want to try different options. Of course, go with what works for you. What I offer is simple ideas that may support you to perhaps feel more at ease with the practice or make meditation a more consistent part of your ritual.

1) Don't worry about how long you meditate. I was always put off by

meditating because I heard that you need to set aside 20 minutes a day. What made me start meditating was hearing that I could start off with 5 minutes and build upon that. Once I got into it, I would at times find myself connected for over an hour! Typically, the time I meditate varies but is usually on the shorter end. What feels good is that it is a consistent part of my ritual done as soon as I awaken. Because of the consistency, I feel like I am able to connect with my essence quite easily. So allow yourself flexibility regarding time.

- 2) Begin with comfort. Meditation can be done in numerous ways including sitting, laying down, standing, walking or kneeling. Allow yourself to listen to your guidance as to what will be most settling and comfortable to you so that your mind can let go of the body temporarily and focus within.
- 3) Try using a mantra if you find yourself distracted. What I have found for those whose minds get distracted easily is that you need a longer mantra to give your brain to chew on. Short ones are too easy and boring to your mind. You need one that will keep it stimulated by trying to memorize it and understand the deeper meaning. At first this may be frustrating because you may have to look at your notes to get it but after a few minutes will allow your mind to focus. Here is one of my favorite mantras while meditating: "Intention of merging with a higher notion of my highest possible self."

### **Suggested Affirmations**

Here are this month's affirmations which go along with anxiety along with flower essences that may help.

[F.E.S.](#). Filaree

I am in touch with the spiritual realm giving me a deeper and truer perception of reality that allows me to see beyond the ordinary!

[Bach](#): White Chestnut:

I breathe peace into my thoughts and allow my mind to settle in at my heart where I know truth and love reside. I honor the calm and centeredness that exists with me at all times.

[Bach](#): Cerato

Through Divine Grace, I believe in my spirit and my truth. I recognize and honor the wisdom and insight within me and believe in it above all else. I trust myself completely and fully in this moment and always.

[Alaskan](#): Prickly Wild Rose

Through Divine Grace, trust and faith is renewed within me. I open my heart to be guided to where this situation will lead me to heal, grow and evolve. I now tap into courage I did not know exists within me.

[Alaskan](#): Aquamarine

Through Divine Grace, I find the stillness within me in this moment. I settle into a serene state of mind to find inner peace, calm and clarity.

[Alaskan](#): Cassandra

Stillness and quietness are mine to claim now. I relax and trust as I ease into my inner life bringing me to a deep state of centeredness.

## **F.E.E.L. Virtual Mastery Lesson 13**

### **Frustration**

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Hello, and welcome to Lesson No. 13 of F.E.E.L. Virtual Mastery Program.

We are now delving into a new topic of frustration. And frustration is an amazing, amazing topic to get into because you're going to see that this is a feeling that, if not addressed properly, is going to keep you stuck. And so, of course, there is a spiritual message that you are intended to get from frustration and it is going to do the opposite of the ego message of frustration and it's going to get you moving, which is so exciting.

So let's delve in and really speak about what frustration is about. And, really, you're going to feel frustration when what you are doing isn't working. And so it's really a wake-up to say what you're doing is no longer working and it is no longer okay to just go along. Now, this tends to be the problem. We go along with things that we know are not working for us. Why do we do this? Because you give more energy to your fear than your essence and we blow off our essence. It seems too complicated. It seems like too much energy. And that's the messages that you're going to get a lot of times when you feel frustrated when really it's your lack of not acting on your inner guidance that is creating more of a waste of time and taking up more of your energy.

Now, anger and frustration can go together oftentimes, but the difference is, is that frustration is usually an indicator that you can address before anger takes hold because anger, again, is when you feel powerless to create change. And if you continue not to listen to your frustration, you will eventually get to anger. But frustration is when you know you have the ability to create a change and you just aren't willing to take the steps to make it happen. And so it really is frustrating to your essence because it's when you ignore these messages.

Now, a lot of times there's a lot of reasons that we don't listen. It's not like we all the time blatantly choose not to. Our egos are very tricky and very powerful. And so what that, again, is, is this negative feeling is coming to you because more of your energy is going towards fear, towards ego rather than your essence and it's an indicator to wake up and this is no longer serving you and you cannot continue to go about your life in this way.

So frustration is going to happen even if you're willing to take some of the steps but not the big ones, not the ones that really will support you to shift in what you are thinking or what you're doing. And we make excuses as to why you can't make these steps.

Now, these can be really simple. It can be ignoring your inner voice telling you what needs to be done. It can be about you can't exercise because it costs too much money to belong to a gym and that's what's helped you in the past to lose weight. Or you can't look for another job because your boss might find out. And what this really amounts to is, when you're feeling frustration, there's often going to be excuse after excuse after excuse as to why you don't take responsibility. And it's not that these excuses aren't real. They feel very real to us and there is



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a reality to them. However, we are making it more of your reality by investing your energy there rather than your essence.

So what I'd like to do is talk about some of the three biggest excuses that we carry and how this attends to frustration and the shift that we need to be able to create within ourselves. So again, Feel Every Emotion as Love is about consciousness and slowing yourself down so that you realize that these feelings are signals, these feelings have a specific message, and you can consciously choose, once you have the information provided to you, as to where you want to invest your money and your energy and your time because those are all aspects of your life where you will come up with excuses, but it's not really about that, and that's what I want to get into.

Okay, so the three biggest excuses is, number one, I'm afraid. And I hear this all the time. It's like you know what you need to do, but it feels scary. And what I always tell my clients is, good. Good, because fear and being afraid is a normal part of growth. And it's a good sign of growth because what's going on is, is that you are being called to expand yourself. You're being called to get out of your comfort zone so that you can claim more of your truth, so that you can claim more of your power. And so you need to consciously choose. It isn't that the reasons why you are fearful aren't real. It's just that you don't want to continue to fuel that. And so, really, that you are going to continue to feel frustrated until you say, "I am willing to be afraid in order to claim this for my essence, in order to take this next step for my essence."

Now, the second biggest excuse, and this is a big one and not recognized as much as, I'm afraid, is I've already tried putting my energy towards making a change in some way and it didn't work. And so you feel frustrated. It's like, hey, you know, I tried to follow my essence, I tried to take that step, and it didn't work. And so the result didn't give me the change that I expected and now I feel frustrated. Well, where we go wrong is, is that thinking that we tried one or two things means it's going to be the solution. Just because you acted in a couple ways to follow the guidance of your essence doesn't mean that you've exhausted all measures to really make sure that you are following through in what your essence needs you to do. And oftentimes, again, it is a bigger leap, a bigger step, and we want to take the small ones because those feel more comfortable when it's really you are being called to take a bigger leap, a bigger step, and you feel afraid because the small ones didn't work. But it's really the big ones that you are being called to do that's going to give you the result that you need.

Now, an example that I love about already trying and it didn't work is the Jack Canfield story, who's the author of Chicken Soup for the Soul. I don't know how many of you have already heard this, but he was rejected by over 144 publishers before going on to sell over 100 million copies of his book. Now, do you think he wasn't frustrated? I heard aspects of his story in that he piled all his money, time, and energy into that book and then went on the road and literally tried to sell these books out of the trunk of his car. So not only was he not making much money, he was away from his family. He invested so much time and energy into this. And

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don't you think he questioned himself, asking what the heck he was doing and if he made the right decisions, if he posed his family's financial security on this dream of his. What made him different, though, was that he chose to listen to his essence over his fear. Within him he knew his work mattered, even though reality was telling him otherwise. He didn't give in to his frustration and give up because his essence mattered more. And this is what makes him stand out. This is why he is as successful as he is, because most people won't do that.

Now, I know, I know. I've heard so many clients, and I'm sure you're saying to me, "But, Michelle, there are times when you should give up, shouldn't you?" And the answer is, absolutely. But you will know this as distinctly different than frustration. Yes, you will feel frustration, but the difference is, you will be giving more of your energy to your ego rather than your essence when it is a situation where you should give up and you don't. And when this happens, the inner force that is meant to propel you forward won't be there because your essence knows the difference when nothing is really going to change and you'll feel hopeless because the situation has been exhausted and you feel like you're banging your head against the wall versus feeling your inner force continuing to propel you, continuing to give you hope even when it feels like there is no hope and for some reason you have hope.

Now, this isn't false hope. False hope, again, is when you put your dreams into the hands of one method or one person and your frustration will be present because you aren't mixing it up enough. So sure, maybe the person you are with cannot meet your needs, but it doesn't mean that this person does not exist. You see the difference? One would be trying to make one person say he's the one even though reality is showing over and over again that he or she isn't versus you giving up on the dream entirely that there is someone out there that can meet all your needs and that you are meant to be happy in relationship.

So you are going to feel frustrated if you believe in something false that does not serve your needs whether that falseness is giving up on your dreams. That is not the message of your essence. Your essence may tell you to mix it up, but it's not going to tell you to give up on your dreams if your dreams are really connected to your essence. Now, your essence will certainly tell you to give up on a certain route that you're taking and trying to get that dream to occur because that route may not be the correct one for you. So hopefully you can see the difference in that.

You know, another example of this is believing your current job is what you must stay in because there are no other jobs out there. You're going to feel frustrated if you believe in that because you're giving more energy to the fear rather than the truth. The truth is there are other jobs out there. Yes, it could be difficult to find a job, but it doesn't mean that there aren't any and that your dream job doesn't exist. So that's where we have to look at the messages that the ego is sharing with you regarding this and determine if it's in alignment with your highest good or not.

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Now, the third biggest excuse is “I don’t have the time or money or energy.” And time and money really are just energy. Now, I touched upon this with anxiety because I don’t ever think it’s in your highest good for you to make the proclamation to the universe that you don’t have the time, money, or energy because your words establish that as your truth when it is not. Now, what’s important about this in regard to frustration is when you use this excuse not to take responsibility. And what I want you to get really clear about is, is that when this excuse comes up, what is usually the case is, is that whatever you are feeling frustrated about hasn’t reached the point where it’s important enough to you to have the time, money, or energy to put towards it. And that’s okay. But what I want you to realize is it’s so much better for you to state to yourself, you know what, it just isn’t that important to me at this time, rather than hide behind the time/money/energy excuse.

So I’m going to get into greater details with this when it comes to your relationships, when it comes to your career in your relationship with money, but what is really important here is that whenever you use that explanation, you become the victim, and I don’t want you to do that. So it’s about you making a choice and you seeing that you have the ability to make the next step, but it’s also about priority, and so being clear about what your priorities are, and that’s okay. The important thing is, is that these excuses, when used as excuses and you feel that frustration occur, they’re taking away personal responsibility to make a change in your life. And if you’re feeling frustration, it’s your essence’s way of trying to get your attention that you going along with this, you going with the flow, you not taking a stand, you not taking that next step is not okay. And so even though the reasons you give me sound good, it may sound true, it may sound real, you need to ask if they are helping you to create your ideal life.

Now, another thing that comes up with frustration is projections. And projections are something you feel, but because you don’t want to own that you feel this about yourself, you project it on to somebody else and you believe they think this way about you. And then you justify your behavior based on the projection and get frustrated because you get frustrated at someone else because of that projection.

So this happens a lot when you feel you’re not measuring up to someone’s expectations, but see, those expectations oftentimes are your own projection that you believe someone has this expectation towards you. The reality is, is that this frustration is really that you expect this about yourself and your essence wants you to be frustrated about that because this is an expectation you are putting on yourself that is depleting you in some way and is taking away your ability to fulfill your life’s work, to take that next step that you need to take to create a more fulfilled life for yourself. So we do this projection because it’s easier to place blame and frustration on someone else rather than yourself.

Now, a common example of this is clients I’ve had who are stay-at-home moms or dads, and they believe their spouse feels that they should take care of a lot, the vast majority of responsibilities around the house. And really what we discover each and every time is that

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more of the energy is about their own expectation that they put on themselves because they feel guilty for not bringing home income. And this comes out as frustration towards their spouse when really the essence is frustrated with themselves for believing in this, believing that their worth is only based on income and not through everything else that they do. And this is going to touch upon guilt which we're going to get into next month, but it's important to recognize the piece that frustration goes along with this because it is giving more energy to this projection, to something that is false that you are buying into, and to shift this. It's about you taking personal responsibility to say, that is not what I need to do, that is not something that I should have to do to get my worth and value.

People get confused when I talk about frustration being about personal responsibility. It's not about you taking on more personal responsibility, per se, in the form of more duties. It's about you taking personal responsibility to say how I'm viewing this or my actions towards this are not correct or not serving me and I need to shift this. And so you take responsibility rather than saying, my spouse needs to tell me that I don't have to do X, Y, and Z. And what spouse is going to do that because a part of them enjoys the fact that you take care of it. So it's really up to you to determine, you know what, I need help with this. And that's okay. So that's the personal responsibility piece.

Now, when you hear people projecting, oftentimes this is going to come in the form of complaining. And people are going to complain about their spouse or their boss or their relationship or their career. Now, the good news is, is that you can find out a lot about where you are stuck by listening to your complaints because complaining is the ego version of what you are frustrated about. And frustration is such a great example as to why just letting out your feelings does not release them from you. Sure, maybe you're going to feel temporarily better when you vent and get something off your chest, but the frustration's going to come back because you haven't done anything to change. If you aren't stating within you as you vent, as you complain, what you are going to do about it, you are guaranteeing that frustration is going to continue in your life because you aren't taking the responsibility for it.

So I'm sure you know of someone who complains all the time. They say something over and over and over. When I think of this, I think of a woman when I used to be a teacher, and she was in her 40s and still single and she wanted to be married and she always complained about men. And she would say the same thing over and over about men but never really looking at her own part in the situation. And, of course, I didn't even have a psychology background at the time, but she was a friend. I tried to give her some advice, help her to try to see what she could do differently. And what I started to realize was that she didn't really want the advice. She wanted to keep complaining because she was not ready, for whatever reason, to take responsibility. She wasn't willing to take responsibility. And so the same problem occurred over and over for her.

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Now, I tell my clients this all the time, that if they are in friendships where there's a lot of complaining going on, run. Run because it's not healthy. It's not in anyone's best interest to complain because like attracts like. Like is going to mirror like. And what you're doing for each other is validating that it's okay to stay in this victimhood. You're not consciously doing this, but you unconsciously get into this rut and validate being a victim.

So again, it's not that what's happening to you isn't real or there shouldn't be compassion for it. There is, but if you want to change the situation, you don't want to get stuck in that rut of complaining. And it's not good for you either to be around complainers because those are what I call "energy vampires." Like that woman, it reached the point where I just couldn't be her friend even though I liked her. She was a nice person. We just weren't on the same level.

And once I realized that -- I didn't consciously realize this, but it was just like, you know, I'm a person that wants to create change in my life, wants to make my life better, and I'm not going to have a lot in common with someone who doesn't. And you giving your energy away trying to help them over and over is a waste of your time and will take you away from taking personal responsibility.

And I see this a lot with friendships, that people get caught up in other people's dramas and complaints as a reason to not take responsibility and pull the energy inward to support yourself. And this is what you need is to claim that energy, to take those steps for yourself because in the long run not only will you be helping yourself, you're going to be helping others because you are going to be functioning from a higher level and you want others to function from that higher level as well.

Now, it's not like I don't ever complain. I do, but the difference is, and especially if I complain about the same thing more than once, I am also listening to where I am not taking responsibility for the situation. It's like I know loud and clear that the complaint is my ego and there's a victim story to it. And you know what? Sometimes that's okay. Sometimes that's okay if I need to get into my victim story because, again, the victim story is just the ego story and sometimes the ego needs to be heard, and so it's saying okay, but I'm not going to continue listening to you.

And luckily, I think one of the areas where I am really fortunate is that I get bored really easily when it comes to being the victim or complaints. I just have a super low tolerance for complaints. I can hear my victim story, but after a while it really starts to bore me to pieces. It's so old and it's so tiring. I mean, sometimes it's just so tiring to even say because you heard it over and over again and it's just like, great, nothing's changed.

So what this does is it will give you a choice when you listen to it with the intention of listening for where you are not taking responsibility. So your choice is to stay in the game and keep playing how you're playing, get out of the game entirely, or stay in, but switch up your

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strategies for playing. And that's the one that I most often pick because there's usually a reason why you're in the game that is for your highest good. And you just need to be willing to switch up the strategies.

Now, people don't like hearing this sometimes because I put the responsibility back on you. Your degree of frustration is a signal. It's the amount of action you need to take. So you don't want to shoot the messenger whether it's me or your frustration because all that I am sharing with you at this point is what your essence wants you to take action on.

Now, I, too, get messages from my essence that I will fight tooth and nail not to take action on. I just don't want to do it. It's too much work, it seems like a waste of time, I believe I won't get the results I want. And what I had to realize is, is that it is so egotistical when I do that because I'm acting like I know what's better for my essence than my essence does and my spirit does when my spirit is what is connected to the divine. And that's where miracles happen.

When I ask myself, "Michelle, are you going to be a part of the miracle or a whiny victim complainer," it gets really clear. And sometimes we have to be that clear with ourselves, that uncompassionate, if you want to call it, when it's really not giving any more energy to that ego, that's all it is. And when I get really clear that I'm being the whiny victim complainer, it's like, you know what, that role isn't that fun. It's okay I can have compassion that I go there sometimes, but I have to get clear that that isn't fun and it's not serving me and I'm not going to be able to serve and fulfill my life's work as I intended to when I get in that mode.

Now, some of the times we can make a big deal about what it is to fulfill our life's work when really it's the simple things. And sometimes these simple things that we are being asked to do, even though they don't make sense to us, are about our need to take action that in the long run will make sense. And so wherever we want to whine or be complaining about or be the victim about, it is an opportunity, even if it doesn't, in our sense and our notion, apply to your life purpose, you have a million things that you are meant to do, a million ways that you are meant to serve. And so trusting that when you are being called by feeling a large degree of frustration that you need to take that much action to make it shift.

Now, what this reminds me of is, after my husband and I watched the movie Food, Inc. I don't know how many of you have seen it. It's a movie about our food industry and how it's really an industry and how we are being served food in our grocery stores that isn't healthy, that there's some concern regarding the health of the food that we are eating. So at the end it felt really overwhelming about this issue, that it's such a problem. And my husband and I both started going down that route, like how can this really change and what can we do. You know, we're just these little people here and, you know, that a huge industry with lobbyists and so on and so forth.

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Now, I'm not trying to get political here, but the point is, is that if we were to just stay frustrated by this and not do anything, change is guaranteed not to happen. And what I really got clear about was that if my frustration gets to a point where it's really strong, that I will be called to take action in a more powerful way that's more than just personal. I can have my frustration and make personal choices about this, about what food I eat and so on and so forth, but if that frustration continues, that's a signal that I need to amp it up, that I need to bring this out into my community in some way and not buy into the fact that my husband and I just might be two people in this vast world that believe this way, because if you think about what happened in the United States with the tobacco industry which had huge lobbyists and had huge money coming in through it and the shifts that have occurred with the tobacco industry and cigarette industry, vast changes occurred, and it occurred from people not just making personal choices but some people getting frustrated enough by the industry that they brought it out to their community, that they informed people, that they took a stance for their essence and the essence of others that this wasn't for anyone's highest good.

So you're right that your action may not change law, but it will give energetic momentum for things to change, and big change takes big time to make it occur. It's going to take some time. But if your frustration is getting to that level where you feel it often, it's an indicator that -- and you've made some changes and you've taken some action, most likely it's personal, it's going to be an indicator that you need to amp it up.

Now, I heard this very loudly when I posted a blog about the Gulf oil spill and I heard people venting about the issues, the state of our environment, but not providing a lot of real solutions. And so when I wrote about the spill in the Gulf, it wasn't about you having a solution to plug the hole, but how there are plenty of solutions to address when it comes to our dependency on oil.

So not everybody is frustrated by this, but if you get frustrated by this, look not only at what you are doing personally in your life but how you're reaching out to your community to make change, to educate, to inform, to state your concern for the larger community and for our world. And so that's what I want you to use your frustration about is to see that if this keeps coming up, that there is more change for you to take. And trust me, not everyone is feeling the same frustration that you do for their own reason. So it's up to you to claim that to make more change.

Now, people didn't like it when I suggested it with the Gulf of Mexico for people to take personal responsibility, and my clients temporarily don't like me when I am giving them feedback to take personal responsibility where they have given it away. And I always tell them, I hear the reasons as to what has led them to not take action and they are valid, but they are valid to keep you where you are. And you are paying me to help you move forward, which means although I can understand why you feel the way you do, I won't accept it. So frustration is your ability to do just the same. Your essence is guiding you not to accept the reasons even if your reasons are really, really good. They are never good enough to blow off your essence.

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Now, sometimes you'll feel that you don't know how to make that next step when really you haven't tried to take any step. And I really feel that you do know, but you don't want to own that. It feels like taking on another role, another weight, another thing to do. But look at the frustration that occurs from not addressing it. What you want to be really certain about is that you are feeling frustrated for a reason so that you can create change especially when that change is asking you to get uncomfortable and expand yourself.

So this is part of the myth that in order to fulfill your life's work it feels like it should be natural, it should be authentic, it should be easy when I just have never experienced that personally or with people that I know who have created their ideal. It's always involved uncomfortable expansion where people get frustrated and they self-doubt because they are giving their ego more energy and attention rather than their essence. But when you are being called to get uncomfortable and expand, this is always for your betterment. And your frustration from your ego standpoint will never allow you to evolve. Listen to the change that your essence is asking of you and be willing to see beyond what is realistic. We got to remember that a lot of things don't seem worth our time. A lot of things don't seem like we have the energy to do, but frustration is our opportunity to listen to the little messages and take action on them so that we become prepared to take the bigger ones.

One situation that I had recently was frustration towards my sitter because she was calling last minute and either telling me that she was going to be late or telling me that she couldn't come in at all. And, of course, this completely threw off my day. And so, of course, being human, I projected that on to her, that I'm frustrated with her, why isn't she being more responsible, this is her responsibility to come to her job and come when she says that she's going to come. Yet I didn't want to make a big fuss about it because she has been so good to us, she's so good to our kids, she goes above and beyond, right? And so these were my reasons, these were my excuses for not talking to her and just dealing with it and going with the flow. And then it happened again, and then it happened again, until it reached the point where I got angry. My anger just boiled up on one of these excuses because I wasn't paying attention to my frustration.

And so this is what happens when we don't listen to our frustration and it will turn to anger because we're not owning our power and we feel powerless then, when really my frustration was saying, Michelle, you need to take responsibility for this. This is your employee, and so you need to manage this. And so you need to create healthy boundaries around this where, yes, there is room for her to have an instance here or there where she's running late or needs to call in sick or what have you, but it also needs to work for you. And I wasn't taking personal responsibility with that. And by me not listening to my essence, I sent a message to my essence and to the universe that I'm not willing to give that energy to my essence yet. I'm not willing to stand up for my essence. And when I make that statement, it's not just in regard to my babysitter, it's in regard to life. I'm not willing to stand up for my essence. I don't want to



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confront. I want to be viewed as a nice and compassionate employer rather than listen to my essence. And when I finally did address the situation, my fears about it became the reality. She did think I was not a kind and compassionate employer, but that was her own ego getting caught into that.

So what's really interesting is, is that when you have these fears and when you give your energy to that fear, even though it really wasn't a big fear, it was, in my mind, it was just more something I was tolerating. When we tolerate something, it really is to some degree a fear, so you have to be willing to pay attention to that when that frustration comes in rather than listen to the excuse because you are sending a message not only to that circumstance but to how you are handling your life overall. And if you are not willing to take a stance in these small situations, then you're telling the universe you are not willing to do it when it comes to the big things that's going to be required of you to fulfill your life's work. And so this was really -- people and experiences come into our life like this as reminders to remember that it is always worth claiming the truth to what your essence is sharing, listening to it, and taking action to it.

So, yes, these things can be prevented, but it's not about preventing these conflicts in our life. When they happen, it's a wake-up to say, you know what, if you aren't willing to listen and take action in this small way, not only is this going to make your life in this small way uncomfortable and not work for you, it's going to lead to larger ways. So you need to be willing. You need to be willing to stand up for your essence more than a version of yourself that you want to be that your ego told you you should be rather than meeting up to projections of expectations that are really your ego's expectations. So it's like, what am I going to give my energy to. And when you feel frustration, you are being given a signal that you are giving your energy away to your ego and to your fears.

And so, like in the case with my babysitter, this could have been resolved should I have listened to my frustration from the get-go. I could have started marking the times when she did come in late or did call in last minute as an employer should but wanted to treat the relationship more like family because she has the love for my children but then got frustrated when she started to treat the job too much like family. So it was a mirror. And these are the indicators of where our vulnerable points are. And so it's not like this happens in all areas of your life, but pay attention to what is a vulnerable piece for you and where you need to heal that conceptualization of yourself so that your ego doesn't take over and you end up fueling more energy towards that.

So when you are feeling frustrated, the guidance that is available for you is to go ahead, listen to the message, listen to the message of the ego because it is indicating to you that it's got a story. And I would rather have you be consciously aware of what that story is so that you can start to see for yourself what the excuses are, what the blocks are, what you're giving your energy to, rather than just like mindlessly complaining. So it's like taking that piece back of, you know, when I feel frustration, let's hear it. Let's hear the story that my ego wants to get. And

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then take note that there is an option available. You're just choosing otherwise. And be okay with that at least temporarily. I see this sometimes with my clients, is that they know what needs to be done. They're just scared, and so it's like, okay, that's fine. It really is because I know your essence is going to amp up the pain in terms of frustration and other feelings until you are willing. And it's a trust in your essence that I have, but for you it's really about saying, is my fear worth the frustration. And if you can begin to see it in that light, you're going to choose your essence over your fear a lot sooner. And so this is what can really help you to make those shifts happen and take responsibility.

So then you see the message of your essence and it's like, okay, what do I need to do to take this step. And a lot of times it's just a risk, but sometimes there are components to making it happen. And so it's like can I really take these steps with having personal responsibility in them and really give my part, my energy to making my ideal life a reality. So what I mean by this is sometimes we can get, oh, I don't know, a little -- I'll call it "a little bratty" for myself where I'm like, okay, essence, you are telling me to do something that I really don't want to do, but yes, I will go along and I will serve you, but I really don't give it the attention and energy that it needs. I feel like just taking the step should be enough. And it's not. If we are being called in this way, we really have to claim it in full responsibility.

So then the next question is, am I really taking the full responsibility asked of me, or am I only doing it part-way? And so, again, maybe the smaller steps are easier to do, but it's really the big one that you have to make that's going to really create the shift in your life. And it's being willing to say that I see beyond what is realistic because, remember, at one point it wasn't realistic that a metal box could go in the air and safely transport people, but now it is. It wasn't at one point realistic that we could instantly see someone thousands of miles away, but now we can.

So when you listen to the messages of your spirit that are underneath the frustration, you are being led to create everyday miracles. You must be willing to take those steps to make your dream a reality. Only you, only you, and your frustration from the standpoint of feel will get you there with greater ease because you are connecting with the energy of your spirit that is guiding you to move forward and take risks. And these risks are not only for you to fulfill your life's work but many aspects of what you are meant to do with your life and how you are supposed to touch others.

So who are you to judge that you are not capable when divine guidance says otherwise? Frustration will give you the exact next step to take. All you need to be willing to do is listen to your inner wisdom and act accordingly. Are you willing to participate in everyday miracles, because that is the message that your essence wants you to know, that as you do listen and take action, you will be a part of that creative process that is so needed by the universe for you to take part in.

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So I thank you again for choosing, consciously choosing to look at your feelings from an emotionally conscious level rather than get frustrated with them and do all sorts of ego-reactionary things with them and that you have listened to your inner wisdom and insight and that you continue to do so as you feel every emotion as love.

I look forward to talking next week. Bye-bye.



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## [Journaling Questions and Exercises for Lesson 14](#)

### **Frustration Regarding Your Career and Money**

Frustration regarding your career, work life and money are all sure signs that now is the time to follow your inner guidance. The next step is present, yet the ego messages are overpowering your inner guidance. What makes this occur is that you are buying into those all too good excuses.

Below are a few questions that pertain to your career or work life/ situation to support you to recognize the excuses that you are hanging onto that are preventing you from moving forward to tapping into even more of your potential and ensure you are fulfilling your life's work.

#### [Journaling Questions Regarding Your Career](#)

1. Do you feel you are currently fulfilling all, part or none of your life's work? Explain.
2. What could be done differently in regard to your work life that would bring you greater joy, fulfillment or peace?
3. What reasons do you give for not being able to create those changes in your life?
4. In what way does your reason make you the victim regarding your current situation?
5. If you were to determine to take a risk regarding your career/work life, what would it be?

6. How would your essence feel if you were to take that risk?
7. What do you feel the consequences will be should you continue to deprive yourself of taking that risk or next step?
  - A. In particular address the following:
  - B. Your internal consequence?
  - C. Your spiritual growth consequence?
  - D. The consequence to others?

### **Journaling Questions Regarding Money**

1. What is the most common reason you find yourself getting frustrated about money?
2. Is there a story or theme regarding money that keeps popping up or repeating itself?
  - A. If so, what is it and where do you believe that story/theme comes from?
  - B. Does the theme pop up in other areas of your life as well?
3. How would you currently describe your relationship with money?
4. In what ways does your essence encourage your relationship with money to shift?
5. What excuses do you buy into that prevent you from making this shift in perspective?
6. In what ways would your essence want to enhance your beliefs regarding money?

## Exercises:

1. Look through your journals or past memories and recall events regarding career and money. Rather than getting emotionally entangled in the victim side, image yourself as an outsider looking in at your experiences. See yourself growing bored and impatient with the stories being fed to you. Now look at yourself in a mirror, looking into your eyes, commit to what one different step is you can take in the next 24 hours.
2. Continue to build up your relationship with your essence. To be able to take risks on behalf of your essence, you have to be able to trust in what your essence is saying. Even for those of you who have had a long-term relationship with your essence, you can always find yourself getting caught up in the to-do list rather than your to-be guidance. Pick a day that you are able to-be and follow your inner guidance from everything big and small that day to reinvigorate your relationship!
3. Set an intention regarding your relationship with money. After reviewing the journaling questions regarding money, set an intention regarding how you would like to enhance your relationship with money. Be sure that you are not coming from a place of lack. Instead, allow the intention to be about how money is supporting you to create a deeper understanding in terms of your spiritual growth. Keep that intention at close attention throughout the duration of the topic of frustration (until lesson 17!)

I am so excited for you to be applying these lessons. Should you have a recent experience in regard to these lessons or journaling questions that jumps out, I would love to hear about it! You can email them at [support@michellebersell.com](mailto:support@michellebersell.com)

Wishing you continued blessings on this mastery journey!

Michelle



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## Journaling Questions and Exercises for Lesson 15

### **Frustration Toward Yourself and Relationships**

When it comes to frustration regarding your something you want to change about you personally or in your relationships, it is important to see this a nudge to support you to create a fulfilling life. I believe we are all asked to clean up our health and relationships to better serve us so that our energy isn't scattered. When your body is functioning optimally, your energy can go toward your spiritual journey rather than attending to trying to keep your physical self alive. When your relationships are healthy, you have the energy to give toward fulfilling your life's work.

This week, we'll explore with journaling what may be being asked of you when it comes to frustration you feel toward yourself and relationships.

Let's Begin!

#### **Frustration Toward Yourself – Journaling Questions**

1. In what ways is your essence saying you deserve more for yourself?
2. What is your fear about making that happen? (Really spell it out here so you know what you are buying into).
3. What can you do to address your fears?

4. Ask your essence how you are being asked to claim what you deserve and what are the first two or three steps that you need to be working toward?

5. How do you feel making this change will change you:

- A) Physically?
- B) Emotionally?
- C) Mentally?
- D) Spiritually?

### **Journaling Questions Regarding Relationships**

1. List any challenges you may have with the following relationships that occasionally (or often) cause you frustration :

- A) Intimate Partner/Spouse
- B) Friendships
- C) Parents/Siblings

2. What has prevented you from addressing these issues?

3. Can you see your response in #2 also being an excuse? Why or why not, explain.

4. Is there a part of you that is trying to avoid conflict? If so, what is your fear about your ability to handle the conflict?

5. What does your essence want adjusted in your relationships and why?

Exercises:

1. **Create an empowering story:** If there is has been linger frustration toward either yourself or a relationship, create an alter-



native story as an additional possibility. You have a story based on past experiences and fear that is inhibiting you to make the necessary changes. Create an alternative story that in the end gives you the result you desire. **DON'T MAKE THE STORY TOO MAGICAL!** What I mean by this is don't make the story unbelievable to your ego. You have to believe that this is a real life possibility. For instance, if you have a conflict with a friend that you have been unwilling to address, don't state in your alternative story that everything will be fine and there will be no problems addressing the frustration. In your alternative story, see conflict arise and your ability to work through the misunderstanding. See how you will handle your discomfort and be willing to stick up for your needs while also remaining open. This type of story is believable, empowering and supportive to allow you to make that next step happen. If the real life version goes better than expected, you will be pleasantly surprise while still feeling empowered that you were ready and able to address the situation no matter what it brought you!

**2. Create a Time Line to Commit to Your Essence:** PLEASE ONLY DO THIS IF YOU ARE SERIOUS ABOUT CREATING A CHANGE! The reason you must be serious is because I don't want you making false promises to your essence. This doesn't mean you have to be absolutely perfect but the whole point is reaffirming your relationship with your essence. Backing off of what you said you would do is not good for any relationship, especially the one with your true, authentic self! The time line serves as a map to the next steps you are willing to take in order to make the change happen. So for instance, if you goal was to get healthier by taking off a few pounds, your time line would not involve you needing to met a goal of x amount of pounds by a certain day. Your time line would involve steps that will support you to meet that goal. For example, try a week of eating only whole food vegetarian meals, or trying a new exercise, journal 1x day regarding relationship with food, implement weight lifting etc... This type of time line will keep you committed to taking the necessary action rather than focusing on the goal.

These are two big and powerful exercises so I will keep it at that for your exercise options this week!

Please keep your stories coming as I LOVE to hear how implementing these strategies are working for you!!

I am so touched that you have chosen this path. I honor you and your journey!

Live Emotionally Conscious & Exceptionally Well,  
Michelle



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## **Lesson # 16: Enhancing Ritual and Deepening Your Evolved Relationship with Frustration**

In today's lesson, I would like to talk about ways to get more in touch with your essence that can be incorporated into your ritual. Because when you are feeling frustrated, your ego is in overdrive, utilizing other tools to get you back in touch with the strength, power, insight and clarity of your inner guidance is really helpful.

When I am really frustrated, meditation is out of the question. I am just not calm enough. Utilizing a tool that supports me to connect with my essence in a more abstract way 9 times out of 10 will bring me back to my center and prepare me to more deeply go within.

The tool that I most often use is oracle cards. Oracle cards are used to access your inner guidance. Typically the cards come in a deck that have images along with a word or short descriptor. These images can be used to support you to remember or recall what your essence wants you to focus on at this time. Picking a card can be insightful, validating and/or challenging.

Incorporating this tool into your ritual either daily or from time to time will support your ability to trust and follow through on the messages being given to you from your inner guidance, (something which is often lacking when frustration sets in). The oracle cards you use can be spiritual, religious or simply uplifting/affirming of your authentic self. Use the type that you feel most comfortable with, as there are literally hundreds to choose from that begin with an affirmation to focus on to those more rooted in your spiritual or religious beliefs.

If you have any apprehensions regarding utilizing oracle cards, begin with

reading Sonia Choquette's book ***Psychic Pathway***. This book will support you to see what your fears or discomfort is about.

If you are new to utilizing oracle cards, here are some basic instructions to begin. Please note, there is not one "right" way to utilize the cards. Because many feel intimidated by utilizing cards, I like to give further details that are likely not in your decks instructions. As always, do what feels right for you!

1) Once you have chosen a deck that feels and looks appealing to you, bring the cards to your heart. Ask your loving and wise inner guidance to always be with you through these cards and that you are open to receiving this loving and wise guidance.

2) While you shuffle the cards, keep your focus on your intention. Rather than looking for concrete yes or no type answers, focus an intention upon what you may need to learn or know more about regarding a given situation.

3) When the deck feels ready, spread the cards face down. Determine how many cards you would like to choose. (Usually, choosing one to three cards is adequate).

4) I like to keep my eyes closed while I run my left hand over the cards from left to right. As I am doing so, I turn my left hand palm up. As I slowly run my left hand over the cards, I wait to feel energy in my right hand. This energy usually feels like a warm or hot sensation. That is my indicator for me to choose that card. (You may have to play with how your inner guidance likes to get your attention with cards. The key is play rather than getting worried about whether you are doing things wrong. That is your ego voice which is creating a block for you to access your inner guidance).

5) Chose to either read the interpretation given to you in the guide book that comes with the deck or see what meaning the picture or words have for you personally.

6) Keep that message with you throughout the day as guidance you need to take your next step!

Other choices to use when frustrated are:

Tarot

I-Ching

Rune Stones

Doreen Virtue's ***Angel Numbers*** book

Trust your gut and interests to guide you as to what may be a new tool for you to explore and support you to connect when frustration sets in. (I don't recommend the pendulum when frustrated as your energy will tend to be too thrown off to maintain the focus necessary but it can still be a good tool when you are not stressed).

### **Suggested Affirmations**

Here are this month's affirmations which support shifting frustration and the flower essences that I would match with the affirmation.

[F.E.S.](#) Penstenon & Pomegranate (Taken together at same time 4 drops each)

Through Divine Grace, I am open and available to receiving Divine Direction. I understand it, trust it and act on it. I continue to discover and celebrate my true creative purpose. I integrate my feminine creative energy with my warm hearted nature to have a deeper understanding of what I am supposed to do, how I am supposed to do it, how it will please me and fulfill me.

[Bach:](#) Wild Oat:

Through Divine Grace, I find certainty and peace within that is guiding me how to move forward on my path. Through this guidance, I create a life that is the fullest expression of my true self!

[Bach](#): Impatiens

Through Divine Grace, I go within to slow down and trust my inner guidance to guide my path. I have faith in timing, knowing that all is happening as it should for me to grow and evolve as a spiritual being.

[Alaskan](#): Jacob's Ladder

In this moment and moving forward, I let go and open myself to receive the gifts available to me in the present. I align my intention and internal passion to align with me with fulfilling my life's mission and am available to receive all the gifts that are revealed.

[Alaskan](#): Sticky Geranium

Through Divine Grace, I feel completely ready to move forward to the next level of my personal growth and evolution. I feel clear, focused and energized to take the necessary action to move forward on my path.

## **F.E.E.L. Virtual Mastery Lesson 17**

### **Guilt**

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Welcome to Lesson No. 17. Here we go. We are starting on a new topic, guilt. And I am excited to be sharing with you some information and to really shed some love on guilt because I see so many people really fretting about the guilt that comes up for them and, in turn, who they are as a person. And guilt from the ego level is about making you feel bad about who you are as a person. There's just no other way around it. And, of course, this is not at all and never will be the intention of your essence. And so you can be really clear about that, that you are never supposed to feel weighed down from your guilt and buy into those messages that put down your essence rather than guide or uplift or give you insight that you need which is always what your essence is supporting you to do.

So guilt from a spiritual perspective is about checking in with yourself so that you can better ascertain who you truly, truly are from the most loving place within you. Guilt is present so that you can learn how good you authentically are and that you can live your life in alignment with your authentic goodness. So you can tell this is exactly opposite of what guilt from the ego level completely does. So it's important that you recognize that downward pull of guilt that's your ego. And the reason why you are feeling that weight or that downward pull where you start spiraling into those negative messages, it's because a part of you is buying into the ego message that says you should be doing more or you're not enough.

So a part of you is buying into that. And so for guilt to work it means a part of you believes that it's true, a part of you believes that guilt message that says you're not enough or you're not doing enough, you're not good. And your essence wants to heal this once and for all, and it's going to do this by supporting you to find what is true and right for you and knowing, not believing, not thinking, but knowing that who your essence is, your truth is more than enough. Your essence is working hard through your guilt to support you to examine your life. That's really what it's about. It's like, let's check this out, let's examine, let's see the facts, and then look at what your ideal life looks like and if you are living that way. The vast majority of the time your essence is guiding you to step out of defining yourself based on ego standards.

So if you think about it, the ego, when it comes to guilt, is very judgmental. It's saying how you don't measure up in some way or you're just not being a good person. You're not doing what you should to live up to this ego standard. And that always puts you in a position of lack and where you question your worthiness and you question who you are. And so that if you define yourself in that way, you aren't going to know your core self which is always good and gives out of your goodness authentically, easily when things are in alignment and when you are living in alignment.

So let me explain. Guilt can become the biggest weight that we carry because it's often about your roles, and you and all of us tend to get tied to our roles because your ego wants you to form your identity based on your role rather than your truth. The best way for me to describe this to you is to think about all the different roles that you have in your life. You have a role as a child to your parents. You're your parents' child and there's a role that goes along with that.

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You have your work role, what you do for a living. Your role as a friend, a sibling, if you have any, or any other member in your family, there's some sort of role. And your role as a parent if you have kids. And so the list can go on and on, the different roles that you might have, a student, a mentor, so many different aspects to where we could take having these different roles. And you will see that how you define this role is often unique to some degree while at the same time it has some common thread that carries societal expectations and rules. And in these roles, your personality forms which is how you begin to identify yourself in many ways.

Now, you really are advanced when you can recognize how you have used these roles to define you rather than authentically know your essence. So what I mean is, are you able to describe yourself without roles, because doing so is challenging, especially if you think about how we typically describe ourselves to others. It's based on these roles. It's our way of an initial and basic introduction, but the identity component is all on the external versus our essence.

So let's say, for instance, if I was going to describe myself in the typical way. Hi, I'm Michelle Bersell. I am a psychotherapist and author. I'm also a wife and mom to three kids. And that sums me up, right? That's how I would -- that's what is expected in society, how you describe yourself. But that's absolutely not me. My authentic identity is more like I enjoy deeply loving, both sharing love and experiencing that love. My being enjoys discovering all that I am and experiencing the deep love and insight available to me just through being in my essence and paying attention to my essence. So you can see a big difference between calling myself -- identifying myself based on my job and role in my family versus my authentic identity.

So even though I am definitely tapped into and aware of my authentic identity, of course these roles still tie into how I view myself. And that's where we have to keep watch because when we buy into those external roles, and to some degree we just do, that's where there is opportunity to see if there's ways that we are buying in that aren't in alignment with our essence. Because if you're just paying attention to your internal and to your essence, you're going to be in alignment. But being in our society, being in reality and living a more typical life where you have a job and have societal or family obligations, these roles are going to come into play. And so how much you buy into them, especially aspects of the role that don't fit you that aren't in alignment with your truth, that's where guilt can actually be an excellent tool to help you become aware and to help you make adjustments in those roles so that it is in more alignment with who you are and so that it brings you joy rather than weight, discomfort, or pain.

So guilt is about us negotiating between our ego identity and the identity of the essence to support you to authentically live in a way that feels good and right to you. What comes with the ego identity, what is the biggest, biggest giveaway is the shoulds. And I tell my clients all the time that they are going to should themselves to death when they are getting caught up in their guilt, because it's all I hear is, I should do this and I really ought to have done that and, gosh, am I a bad person that I didn't try this and do this for somebody, and there's just a lot of



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shoulds. So listen up for those shoulds and what they're telling you when you are feeling guilty because that's going to actually support you to get to the heart of the matter.

So, for instance, I had a client who felt bad because he wasn't volunteering for his son's coaching for his baseball team. And he worked out of town and works really long hours, and so he had to make a decision because he wanted to spend quality time with his son and his son was -- he participated in baseball. I wouldn't say he was head over heels in love with baseball. And so he really had to look at if he should do this volunteer position. And he's like, I really should, someone needs to do this, and it'd be good to spend time with my son in this way. But there was something holding him back. And the main component was, was that he was exhausted and, second, he knew, he felt more of a guidance to be there for his wife, be there for his other kids, and allow his son to kind of have this part of his day, his weekend that was exciting to him and certainly be there for his games, but that there needed to be some boundaries for him to reclaim time for the family overall, his role with the family, things that he had to take care of around the house as well as himself. But he really felt weighed down by this because I think a part of the image that he had as a dad was someone who could do those things, who was super-involved.

And so I asked him, I said, John, I understand that this is a part of this standard that you believe you as a dad should be able to do, you should make time for your kids and be able to do this. But let's be clear. Are you still making time for your kids? And overwhelmingly, he was. Even when he came home from work, he would be exhausted and he knew he'd only have a half hour before the kids went to bed and he all-out gave it to them. And, of course, during the weekends, that's where his main focus was.

And I also had to challenge him between the ego standard which starts to get idealized that that's the type of dad he should be. I said, well, when you picture that, being that type of dad, did you see yourself working that many hours too? And did you see the gift that you provided in being able to provide for your family financially by doing the work that you do and the fulfillment that you get from your work? And so, no. In his idea of what that ideal would be, it didn't -- it was more for a 9-to-5 type job and then, of course, there would be more energy to put towards these things. And he knew that this work schedule that he had was temporary, it was not a long-term thing, and he knew it would, in the long run, benefit his family overall.

And so by going through this -- and we got into more detail. I won't go into all the details in this point right here. We had to look at what the falseness was and what the truth was. Another part of his falseness was, well, what if no one else volunteers? And we can begin to be the people that put the whole world's weight on our shoulders. And it's true, we do have to take responsibility for our community, we do have to take responsibility for our world, but can you trust your essence to guide you as to which really are for your highest good and the highest good of others as well as where your energy and passions match. Because if you start to give yourself in these ways that you're kind of like, I don't really feel it, but I should, it'd be the good

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thing to do or the nice thing to do, and you put all your energy there, I guarantee you, you won't have the energy to give towards those big aspects of life that you're being called to give towards.

So we listed out these false beliefs, I'm a bad dad, I'm a bad community guy, I'm not tied into my community, I am selfish, all of these lies. But to get there -- because intellectually we get that we're not a bad person. He knew he wasn't a bad dad, but to get to the point of listing out proof to kind of -- and your essence from getting beaten up and bruised by your ego, and you have to come up with this proof to say, it's just not true and I'm not going to give my energy away to the ego anymore and I'm going to feel good and right about making a decision that ultimately is not just for my highest good but those around me. And your essence wants you to live that way. And you can do this with every aspect of your life because if you just think for a minute all the shoulds that could come up or that do come up for you along with the roles that are a part of your identity, you would see how easily your ego could take control and put you in a whirlwind of guilt, and that's not going to serve you or anyone.

So just think for a minute how you identify yourself with your work and your role in that as a worker or in your career, what are the responsibilities that go along with that, what's the responsibilities that you feel as a child to your parents, what's the role and responsibilities that you see as yourself as a friend to others, your role and responsibilities to your spouse or an intimate partner, your role and responsibilities as a parent to your children. So seriously, I mean, and the list can go on and on and on and on. And I've not met a person yet where there is at least one role that gets out of whack and then you have these expectations on yourself that's just simply exhausting. And so your guilt is going to come in to support you to shift this, to support you to come in from a spiritual level to say this madness needs to stop.

So each time you feel guilt it's an opportunity to examine what am I buying into about myself regarding these thoughts of who I think I should be. So you are buying into something about yourself, buying into something regarding your thoughts of who you believe you should be and you're not, and that just reiterates that message that you're not enough. Guilt from the ego will tell you that you aren't meeting that expectation and you better get back in line, you better keep working at it, you better keep trying to be a better person. And if you don't, you're going to get tormented by the guilt.

Now, see, what really is happening is this: All healthy people want to feel and know that they're good. You want to believe you're a good person, and there's good reason for this, because your essence absolutely knows that you're a good person. Your ego, on the other hand, wants you to doubt that that's true in order to keep you in that role, because the more you stay in that role, the more the ego is doing it's job of protecting you from knowing your true self until you are ready to own your power. For this reason, guilt can be really tricky because your ego is going to reiterate to you over and over that you're a bad person if you go against this role, this standard, and who the heck wants to be a bad person, especially when

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you are consciously evolving and growing. You're like, I don't want to be a bad person. But according to whose standards? So the ego is going to trick you into believing that when the truth can be anything further from that.

So you have to know within yourself that you are a good person despite what the ego is saying to you and, most importantly, despite your mistakes, because I get this all the time. When people are listening to their guilt, they're like, but it is true, it is true, I am a bad person, I am selfish because one time I took the bigger piece of pizza. And I'm like, are you kidding me, you know, to judge ourselves based on these little things or to judge ourselves from childhood when you did make mistakes or even as an adult when you make mistakes. That's the big thing that I love about the Feel Every Emotion as Love concept is that there's room for mistakes and actually through your mistakes you learn more about yourself. And so there's no reason to feel shame or hide these vulnerable sides to yourself. And so are you going to look at your mistakes with the harshness of the ego and then label yourself, and then based on that label any little thing that could indicate that you are that thing that you wish you weren't is going to trigger that.

And this can even run culturally. There can be so many messages that have us tap into this notion. It runs so deep and it's the opportunity to shift this. It makes me think of culture because I had someone I was working with and she was feeling guilty because she was feeling like -- she was questioning if she was being stingy. And so what happens is this person happened to be just such a generous-hearted person, someone who invited people over. She would make gourmet meals for them and just treat them with such nurturance. And what happened was, is that she was going out to lunch with a friend and it came time for the bill and they were just going to split it. And this other person that she was with started making her feel guilty that she wasn't treating her to a meal.

So the person I was working with, her name is Diane. So Diane's friend was making her feel guilty that she wasn't being -- that Diane wasn't treating her friend to the meal because her friend was giving her haircuts. And so her friend brought this up, and she came to me, she's like, am I really being stingy? She made me feel so guilty, but I just always felt like there was an equal balance in our relationship. I often invited her over for dinners at our house and that's something where I feel like economically I can do and it feels good and right to me, but I just didn't have that expectation going out to lunch and we mutually agreed to go out to lunch. It wasn't me inviting her.

And it was just really interesting because it brought up all this stuff, a lot of stuff from her childhood, a lot of stuff that she carried, being Jewish and stigma and false stereotypes that went along with that. And we had to work that through to see where this button even came from for her and why she was buying into it and why she was questioning herself in this way. And then we had to put all these false ideas from her heritage, from her parents, as well as herself against the truth which by far stacked up to be complete evidence that she was such a

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generous person, an overwhelmingly generous person and that it is okay, in fact, to have boundaries and boundaries around money. So we'll get into that more when I go into more of our in-depth lessons about this. But I thought that was interesting, how far back these messages about guilt can run.

So how guilt will keep you trapped is that when guilt emerges it is pressing some button and you are believing this based on ways that you believe you screwed up in the past, or as an example, you took as a child your parents screwing up. I mean, it can really go back. But most of the time it is something where we're identifying with ourselves. And Diane had an instance where maybe when she was a child she was being stingy, but I mean, come one, what kid hasn't gone through being stingy at one point. I mean, we all go through that to realize what feels good and right to us and what doesn't. But the fact was, was that she learned her lesson about that and became a beautifully generous person. But she also was learning that with her generosity there needed to be boundaries.

And so we continue with these lessons, and the key is, are you going to let the past learning components of your life be aspects of yourself that you judge or tools to make you better and tools to support you to see yourself in more of your truth. And when you move past your ego, you know that despite the ways you've messed up in the past, despite the ways you had made mistakes, you are an incredibly lovable and loving being. And you know with all your heart that at every moment you are attempting to go about life in the best way you know how to now and you were doing that even when you made those mistakes in the past. You were doing the best that you knew.

So people who have that perfectionistic tendency are the ones that I see really struggling with this and are going to be the ones who suffer the most with this because part of the reason that there is this need to be perfect is to prove your worth. So if it's you or someone you know that has this perfectionistic thing going on, it's because you or that person that you know does not fully know their worth and wants to show it and demonstrate it in these ways that seem tangible rather than seeing it from within, seeing it within your internal being. So when you are proving your worth, you don't know your worth, and the ego will be there all the time to trip you up with guilt to keep you glued to that notion that perfection will support you to finally become that good person you are trying to be. And the whispers of your essence will be for you to find your truth in the matter and to redefine your life accordingly.

Now, I know this whole perfectionistic bit. I lived that for many years and it's kept me stuck in so many ways in my notion of self, who I am and what I should be as well as myself in relationships. And you will see that in yourself because you will be faced with, quite frankly, self-hatred if it was to the degree where I was at, but also just overall judgment. And I really think they're the same thing when you are being that critical of yourself. So if you see critical tendencies, and it might not be towards your whole life or your whole sense of self but in

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certain areas, use that as your key to see where those shoulds are coming in and listen to what your essence is guiding you to know about yourself instead.

Now, I would say that most people have this going on to some degree in one area. They're trying to overcome their guilt with overdoing it or being perfect. And one way to look at this is, is if you feel that need wasn't met for you in your life and you try to overcompensate with that, then that's an indicator of what's going on. I see this all the time with parents who try to be overly -- I mean, overly anything. Overly nurturing, overly playful, overly generous, overly strict, overly disciplined, overly organized. So it's not just with these positive things like overly loving. It could be overly strict or disciplined if you didn't feel like you got enough of that as a child and that harmed you in some way.

And so this will play out with guilt because whenever we go overboard, even if you are being overly strict and you feel guilty about that or you are overly nurturing and that ends up playing out where you feel guilty that you're not able to follow your kid to school and stick up for them on the playground, that there needs to be looking back at where you feel that need wasn't presented for you so that you can begin to redefine your role in a healthy way.

So what happens for parents is that if that need wasn't met for them as a child, they almost define themselves as opposite as their parent. This can also happen with relationships where if you viewed your mom or dad not being a good wife or husband, then you will do the opposite and it becomes this exaggerated form, and even in that exaggerated form, even if there's good intentions, it's going to be out of balance and it's going to create guilt in one way or another. And that guilt is there to say there's something not right with this role, with this notion that you have of what you ought to be that is driving you crazy, that is overly taxing, that is set up in a way that even though it seems like it's good and it's coming from a good place, it's really about filling a fear, and it's not going to support you or others involved.

And so your essence wants you to feel that balance and feel the goodness again, just who you are, just who you are is capable of being that ideal to yourself and to others and supporting you to create boundaries that when you aren't enough to somebody else, then there's another issue going on, maybe around boundaries, maybe there's not a good match there, that there's something that needs to be tweaked in the overall relationship rather than just with you.

So, again, I will get into that in more detail when we talk about relationships. So I just want to give you an idea of all the different ways that this can come out in our lives.

Now, the message of your spirit during all of this guilt is to support you to question if you living your life in alignment with your authentic and highest self is worth it to you. Can you identify yourself on that more than the external. So being human, we confuse the ego expectations or roles with our highest good. And these can be very, very far apart from one another. At some point, you have to decide which is more important to you.

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So maybe, like in John's case, maybe some people did judge him that he didn't coach baseball. I don't know, but let's say they did. And is that John's issue? It's not. But it would be if he gave more energy and emphasis based on what others thought of him versus what he knows and feels within his heart. So even if someone were to say, ah, he's so selfish, all he does is think about himself and his career, that's their own stuff going on, and if you put your energy into that, if John were to put his energy into that, he would forever be at the whim of the ego's expectations and everybody else's expectations. And if you do that, you will never fulfill your life's work because you have become a slave to your ego and to other people's expectations and that is not how your essence wants you to live.

So your ego's expectations are always too narrowly defined, whereas your spirit's guidance will allow you to experience the goodness within your heart, at your core. And you can trust that. And that's what, in fact, you are meant to do, is trust that and build that relationship with your essence where you see its goodness and you see its support for you always.

When you see where you have lost your identity, you can reclaim your truth and make life a greater representation of your essence. What your essence wants you to know is that when you do not follow your truth, you will cause yourself greater pain and struggle. So it's important for you to get clear about what your truth is and who you really are. A lot of pieces of our identity tend to get handed down, like I was saying in Diane's case. And we take in these notions about ourselves when we are young, and so as you mature, you have to decipher what is your truth. And since no one else can do this for you but you, guilt is present to support you to get there.

So there comes a time when those messages that you were told when you were young and you were so vulnerable and you were so really open to hearing them even when they were negative perhaps because they were coming from someone you loved or admired, you have to reach a point to say is that me and can I let go of other people's definition and my ego's definition enough to really find myself. And so some of the time it may be that you're not clear about who you are, but you definitely know it's not that, it's not that negativity, that slight, that judgment on yourself that has been thrown at you.

And I think especially my generation there's a lot of people that had this happen, because I think, I'll speak for my parents, I think they were aware of physical abuse and how physical abuse is wrong, but they grew up where times were tougher and you had to stick up for yourselves, and so like name-calling and being kind of rough psychologically speaking, emotionally, mentally hurting people was part of the gamut of life. And so that got -- you may have experienced that as a child, or if you were also physically abused in some way, you took in those messages about yourself. So it doesn't have to be words. There's so many different ways that you can take in these messages. And then you feel not enough and that's going to play out in different aspects of your life.

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So if you were told you aren't good enough, if you were told that you're no good, it's not that you're going to feel guilty thinking, like, that I'm no good. What you will feel guilty about is that you won't be good enough, so you'll always be trying to prove that you are good enough and there will be some crazy high standard of what that looks like in your eyes and you will never get there to prove. It's like the ego's way of proving that message that your parent or loved one or someone that you respected shared with you was right. And you will stay stuck there and fighting that internal battle until you see that, again, that goodness, that light, that beauty coming through your essence instead and give that more credibility than your ego.

And this has to go beyond an intellectual level because I hear it all the time, I heard it today: Of course, intellectually I know I'm good enough, of course, intellectually I think I'm worthy, but at your heart, at your core, what are some of the past experiences that contradict that to you, that a part of your -- there's an energy stream that leaks and is still -- that is leaking energy towards that and it's still buying into that message that you're not enough, that you're not worthy. That's where you really have to pay attention to, and your guilt will show you how to get there, and your essence wants you to see the truth to yourself and see that goodness and that worthiness and experience it because knowing it isn't enough and we have to bring it to our heart, to our core to really get there.

Now, some people get worried about if listening to their essence is -- could it be selfish, could it be self-centered, and then they start thinking about, well, my essence really wants me to go away on a deserted island. I'm like, first of all -- and then they'll say, but I'd feel guilty because I'd leave my kids. I'm like, first of all, do you really want to go to a deserted island? No. It sounds like your essence needs some time to itself, and is that okay for your kids to experience or is that okay for your boss to experience? Absolutely. And so your essence is saying don't get so caught up in your role as parent or as worker or as what a successful person would be and don't blow it out of proportion. What your essence really wants, get to the truth. And from that it's never going to be selfish or self-centered. It's going to be appropriate for what is good and right for you.

Now, we've always seen people that are selfish, that are self-centered, but I guarantee you, that is occurring because they aren't listening to their essence. So there's some hurt, there's some pain that's exaggerating something within themselves that's making them try to have their needs met in a way that's out of alignment with their essence. And being in touch with yourself and with these ego messages, you're not going to go there. These people are the ones that are seriously so out of touch and they're in so much pain that it causes that reaction with them because they don't even have the slightest clue as to how to truly nurture themselves, and so it comes out in these wacky and distorted ways.

So with listening to your essence and with understanding your truth, your needs, in actuality it's going to make you less self-centered, less selfish because you are attending to your needs and

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you're not unconsciously looking for them to be met through someone else or through something else. You're not looking to the external to fill your needs. You're providing for them internally, and so your guilt can guide you to either buy into messages that will make you feel good temporarily, in the short term make you feel like a good person, but if your needs, internal needs aren't being met, unconsciously you are going to set up situations to have those needs met in which you are unconsciously being manipulative. I get into this more in my book, *Emotional Abundance: Become Empowered*. So if you're interested in that concept, I would encourage you to buy the book because I really get into detail about this.

But anyway, guilt can support you to see this and to get really clear about what your truth is and what you can begin to identify within yourself so that you don't become out of whack and don't unconsciously try to get your needs met through approval, through meeting others' expectations.

So when you go about this from a Feel Every Emotion as Love aspect, you don't have to worry about your essence guiding you in the wrong direction. It's going to allow you to see you. And you will know this because -- you know, I'm not telling you to blow off your ego. So the people that buy into that "guilt is good because it makes me a better person," that tends to come up from religious backgrounds. Again, we need to look at where these things come from. You got to look at is it making you a better person or is it making you more aligned with some ideal of what is being dictated to you of what you should be to be a good person versus knowing you're a good person and you can trust that. But in order to trust that, what I want you to do is not blow off your ego. Again, listen to what those messages are, and I guarantee you, ninety percent of the time it's your ego trying to keep you under control. Ten percent of the time there may be a sliver of information that you can gain from the guilt that your essence wants you to know about.

Now, the key in understanding your guilt from this perspective is that there is no weight, meaning that if there is a sliver of information that you can gain from the guilt, there isn't going to be meanness. It will never be mean-spirited. If there's information you need to take in, you just take it in and that's it. There may be a hint of something with guilt that you need to pay attention to.

So, for instance, if you are feeling guilty because in the last week you have come into work late and your statements to yourself from your ego look like this: I'm a bad person, I'm not being honest, I'm a bad worker, I feel disorganized and out of sorts. So we list them. Let's say those are the indicators of your ego. And then we look at the message of love, we look at the message of your essence. Are you a bad person? No. Are you being dishonest? No, not as long as you tell someone that you've been late and why or as long as that's allowed in your work. But is there a hint of truth that you're feeling disorganized and out of sorts from coming in late? That may be true. That may be the piece that your essence is saying, hey, this isn't you. This isn't worth it to you and your overall good to come into work late because it throws



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you off and you feel scattered rather than ready to start your day. So, yeah, your essence wants you to feel good, feel prepared, feel right about your day, and if this throws you off to this degree, then it's not worth it. So does this make you a disorganized person? No. But is this something that you should look at? Yes. So again, there's the hint. There's the tweaking that your essence is saying, you know, this is going to do you better. Is it laden with all this judgment and overall big judgments against yourself? Absolutely not.

Again, largely guilt is going to be ego-based in the sense where it is telling you that you are a bad friend, parent, worker, business owner, money manager, person, etc., that it isn't true and your essence wants you to know the real truth. So if there are areas that need to be tweaked, you can look for it in guilt and it will support your ego to let go of that tight grip that it has on you.

So the love message your essence wants you to gain from this is to support you to own more of your truth and more of your innate goodness. You are so good. And for those of you that are spiritual, it goes with those beliefs and that knowing this, that whatever that higher power is and however you define it, that you are made in that likeness of goodness and of love, and you came here to Earth to experience that. You came to have this experience as a human to know that despite any mistakes, even huge mistakes, that that goodness is within you. And guilt will actually help you to get more of your truth and understand what needs to be tweaked in order for you to see the goodness, the worthiness, all that needs to be honored and respected and loved within you.

I thank you for going with me on this last part of our journey of going through guilt, which can be often tricky but still comes in the form of love, and you will know that by the energetic weight and you will see it as opportunity to see more of your true beauty and gifts within.

So thank you for taking this journey with me and I look forward to sharing more details, more exercises, more guided journaling that you can do to support you to make the shift to feeling your guilt as love and shedding love on your guilt.

Okay, I look forward to next week. Take care and blessings to you always.



## F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

### [Journaling Questions and Exercises for Lesson 18](#)

#### **Guilt toward yourself & in your relationships!**

Guilt is the most important indicator to look at to see if you are living in alignment with the truth of your essence or you are putting your energy toward some aspect of yourself that is false. Guilt often shows up when you hear yourself saying the word "should." Let any sign of guilt be the signal to you to reflect on what you are buying into about yourself that needs adjusting!

#### [Journaling Questions Regarding Guilt & Your Sense of Self](#)

1. What does your identity encompass to you? (List all). Of those, which have a component that may still be attached to false messages regarding how you should be?
2. In what ways would your essence have you more fully identify yourself with your truth?
3. Are there certain situations or people that trigger something that sways you from your truth? (Be as specific as possible).
4. What type of tone do you have toward yourself when you feel guilty? Is there room for greater love and/or compassion?
5. In what ways do you see yourself as good from your essence rather than based on what you do?

## **Journaling Questions Regarding Relationships**

1. Name the “shoulds” you have in terms of your relationships as a:
  - A) Daughter or Son
  - B) Spouse/Intimate Partner
  - C) Friend
  - D) Parent
2. Which of those shoulds no longer is in alignment with your essence?
3. How would following the guidance of your essence change your relationship for the better?
4. What is your fear in regard to your identity if you did follow the guidance of your essence?
5. Do you find that you tend to have guilt feelings in any particular relationship? What would your essence like to have changed in that relationship that you can take ownership of to do?
6. How may your guilt be present in order to open up the potential for a shift to occur that is in more alignment with your ideal? Describe.

### **Exercises:**

1. Identify a time when guilt comes into play in regard to personal habits. (ie...Watching too much tv, overindulging in food or alcohol etc..) Identify or create 3 alternative habits that are in greater alignment with your essence. Name why

this is an important shift to make from the standpoint of your essence and go as deep as possible as to the many ways it will/could impact your life.

2. When guilt comes up in regard to a relationship, take some time to step back. See if you can see yourself playing a role, like a character in a movie. Have your essence describe what that role entails. Why has the character liked the role? In what way has playing the role served the character? In what ways has playing that role become tiring or boring? Determine how the character can change her role without worrying about the roles that other characters play. What would that look like without the story of fear attached to it?

### 3. Shifting from Ego Voice to Love:

Write out what it is that you feel guilty about.

Make 2 columns. The first column label ego and the second column label love. Under the ego column list all the shoulds that your ego is telling you about the situation. Under the love column, list what the messages of your essence regarding the situation and give proof to those that describe your character. (ie if you ego tells you are a bad friend, spouse, parent etc... list on the love side why you are actually good with examples) Now look back to the ego list. What can be crossed out as not true?

See extra bonus video on how to do this exercise.

Please note, there are times when one of the messages under ego may not be crossed out. Determine with the voice of love what the compassionate message is that is wanting your attention without the need to "beat yourself up" over it and instead empowering yourself. You will find that even though there is something that can use your attention, it does not mean you have to buy into the other messages that the ego is sharing with you. Take action based on the list of love guiding you to make your life in even greater alignment with your truth!

This is the master's path to recognizing the gift in guilt. Be honoring of yourself as you look beyond the ego version to determine the message of love that is waiting for you to claim!

I look forward to sharing more with you next week!

Michelle



## F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

### Journaling Questions and Exercises for Lesson 19

#### **Guilt Regarding Your Career and Money!**

No matter how conscious you are, guilt can still occur and often does so when it comes to money and career. Again, the theme to be looking for is regarding roles and images of yourself that you want to uphold versus what your ideal is. The other component of guilt is to signal how you are not living up to your ideal and can you take the message without the rest of the ego messages that set you on a downward spiral. The following journaling questions will support you to differentiate between the ego & your essence when it comes to guilt, so you can take what you need to create your ideal without being held back.

#### **Journaling Exercises When You Feel Guilt Regarding Money:**

1. In what areas of my life do I wish I had more money to spend?  
(without guilt or judgment, share)
2. What have I felt guilty about spending on in the past?
  - A. Looking back, with the viewpoint of emotional consciousness, what was the guilt really about?
  - B. Is there still aspects from that guilt that will support me today to remember and keep in mind?
3. Are there certain times or triggers that make me feel more deprived than others? Explain. (ie..running into a specific person, working too hard etc...)

4. In what ways did money play a role in defining who I was in the past? In what ways does money still define me (ask your essence, you will have to dig deep but it will support you to heal your relationship with money!)

5. In what ways does my essence want me to know that I am more than adequately cared for? In what ways have I been cared for that exceeds the norm?

### **Journaling Exercises When You Feel in Regard Guilt to Your Work/Career**

1. What role does my career/work play in my life?

2. Are there ways in which I over-identify myself with my work? If so, what does my ego want me to buy into that isn't true.

3. Is the way I work aligned with creating my ideal life?

(answer both)

A. Why?

B. Why not?

4. In what ways does my ego currently get a hold of me when it comes to my work/career?

5. My essence wants me to know the following about my work/career:

## **Exercises for Shifting out of Guilt & Into Your Ideal**

**#1 Imagine Your Money Ideal**—from your essence! People tell me they dream and imagine their money ideal all the time but they are unconscious to the fact where that dream is tied into their ego. Just as I mentioned in the video that unconsciously we become tied to ideas of what will bring us joy such as ice cream or shopping for shoes that may no longer be your truth (or not your truth as often as you may think). It is an old habit that isn't true. Same is true regarding the amount of money that we need to be our ideal. You likely think the more the better but we all know of people who are surrounded by wealth and they are no where near having their ideal life. To image your ideal when it comes to money from your essence, ask yourself "What is it that I really want to afford?" See yourself with that in your life and with the understanding of why exactly it brings you joy. In what ways are you already creating some element of that ideal in your life? Hold this image as your truth both how you have currently created your ideal in regard to money and how you can expand that in a truthful manner that is in alignment with your heart.

**#2 Checking Reality Spending VS Joy.** List the ways you enjoy spending money. Now look at your credit card bill or budget. Does how you spend accurately convey what brings you joy? What shift needs to be made to make joy a priority? What fears/blocks have prohibited you from doing so? What can you do to make joy show up in your budget in greater alignment with your ideal. (This can be spending money on flowers rather than a coffee or spending money on a coffee you have with a close friend rather than buying a magazine, healthy food vs processed food etc...)

**#3 Image the Ideal Way You Work.** When it comes to imagining your ideal career, you typically think about what it is you want to do. Regardless of what you do, your essence needs to feel good doing it, otherwise, any work can turn from a passion of the heart to a weight imposed by the ego.

Shut your eyes and experience the ideal way you would work. What would feel like the correct kind of balance. What would your



would you experience? How would you define your work rather than allowing work to define you? Take in how that feels within your heart? Ask yourself what would allow you to define this as your true work role?

You have been amazing taking on each week's work and examining these aspects in your life. Thank you for being on this path with me!

Have an amazing week!

Michelle

## Guilt Message

\*I am not paying attention to their needs

\*I am a bad parent

\*I am overly absorbed in my work

\*My kids are missing out b.c of me

## Love Message

\*My kids are loved

\* My kids have different opportunities b.c I work

\* I do pay attention, just lots of details

\* I do treat them special here's how -



## F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

### **LESSON #20: Enhancing Ritual and Deepening Your Evolved Relationship with Guilt**

One of the best rituals that fits well with guilt is clearing and grounding. When you feel guilt is time to clear about your truth. Clearing will support you to take away energy that is no longer suited for your highest good and grounding will support you to more consciously to connect to your inner wisdom.

Let's start with clearing. To begin with, when you pick up from guilt that it is time to re-examine long held beliefs, assumptions or roles that you have been buying into regarding your sense of self, clearing in general is a very healing activity. This means clearing out the physical clutter that you have been holding onto due to a role or image that you have about yourself. When done consciously, removing clutter to clear away from physical attachments that no longer serve your highest good is very cleansing because it gives you the time to reflect on whether something truly is still in alignment with your needs. It also helps you to see if you have the tendency to hold on due to fear (ie. I can't let go because I may need it later).

Clearing can also be incorporated into your ritual through energetic clearing. This can be done in two ways.

When you have felt guilt (or any other emotion) in relationship to another, there is an energetic cord between you and another. With guilt especially, the cord needs to be released in order that both people involved turn the focus back toward the highest good. To release the cord, follow the following steps:

1. Sit in a quiet place, focusing on the energy of your essence.
2. Respectfully and loving call upon the highest self of the other person involved.

3. Envision an energetic cord that exists between you
4. Acknowledge that the energy of the cord does not serve one another
5. State your intention to relinquish cord's connection to you through the power and truth of love
6. Chop the cord through a swiping motion of your hand, while give a verbal "HA" sound.
7. Envision the cord going back to the Earth where the energy can be recycled and transformed.
8. Give thanks for this internal power and acknowledge verbally with a statement such as "It is done" or "So be it."

\*\*\*The second type of clearing can be done when you feel guilt toward yourself for not speaking up for your truth. This is important to acknowledge because when you feel this guilt and it goes unaddressed, it can lead to sadness. This clearing can be used prior to going back to a situation to get focused upon how you can speak with energy and vitality from your heart. This clearing can also be done when a situation has passed that you cannot address again. In this case, the clearing helps you to find your voice so that when similar situations arise in the future (and they will!) you will have your voice present to serve you.

In this exercise, you are literally clearing the silence with loud singing, screaming, or yelling. This exercise will help you break up the energetic blocks in your throat chakra. It helps by stating verbally statements such as "My voice matters" "What I feel matters" "I matter". This does not have to be done for a long time but until the energy feels cleared (you will usually know this when you feel tired by it). For bigger blocks, you will have to come back to this exercise a few times prior to the energy being cleared.

Grounding is important so that you can have clarity regarding the guidance you are being given. When you are grounded, you feel clear as to what needs to be done next to live more fully and joy-

fully.

What is great about grounding is that it can always be done through nature. Eat non-processed foods. Give thanks while you prepare veggies and whole-grains that came from the Earth. Walk in nature. Talk to the trees and plants as you walk by or garden. And of course, my favorite..hug a tree!

Grounding can also occur in your ritual by paying attention to your feet. Your feet are your connection to the Earth. When you are feeling out of sorts (which is due to happen when guilt arises) you can focus on rooting yourself into the core of the Earth. In doing so, you find your way back to your core as well.

This can be done by envisioning roots growing out of the bottom of your feet. Allow the roots to grow deep in the Earth, beyond the soil and imbed deeply past rocks and into the Earth's core. Feel the core of nurturing energy there present to support you and give you all the sustenance that you need to go on your journey feeling good about yourself and life. Stay there as long as you need. When you feel nourished, slowly allow your roots to come back up to your feet. This is a great exercise to feel greater peace and calm.

Another quick way to get grounded is by stomping or incorporating dance into your ritual while chanting. Any chant will do and you will feel your connection to your physical body and authentic self as you allow yourself this ritualistic creative expression with love and non-judgment. This exercise will bring greater clarity to situations that may feel somewhat confusing.

Flower Essences and Affirmations to Support You with Guilt:

1. Bach – Chicory ( This is a great example of a flower essence that I use where the description given does not match the use in this scenario). I use this when the ego is being overactive, trying to control you.

Affirmation: Through Divine Grace, I hear and follow for the whispers of my essence, as I know this is the path to greater joy and fulfillment.

## 2. FES - Pink Monkeyflower

Affirmation: Through Divine Grace, I feel open to share my true self. I see strength and courage, as I chose to be vulnerable by honoring my authentic self in all aspects of life.

## 3. Alaskan Flower Essences – Forget-Me-Not:

Affirmation: Through Divine Grace, I find deep compassion and love for all aspects of myself and others. I honor the choices I have made as being the best I knew how at the time. I now feel connected to and trusting of my inner truth and wisdom.

## 4. Alaskan Flower Essences – Opium Poppy

Affirmation: Through Divine Grace, I see the path to balance, as I let go of external affirmations and honor the truth, gifts and accomplishments as a spiritual being.

## 5. FES - Zinnia

Affirmation: I open my soul to be BIG, playful, giddy and to have fun. I generously put out creative energy without judgment toward myself.

May this information support you to live in the fullest expression of your authentic self. You are courage and wonder– thank you for sharing this path to live emotionally conscious. Your spirit & wisdom are much needed now!

Michelle



# F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



Michelle Bersell

## Quick Reference Guide to F.E.E.L.: Feel Every Emotion as Love!

Sadness is about getting back in the moment so you can gain clarity. Your sadness is a signal that you have a limited perspective that is not serving you because you are in greater alignment with your ego than your essence.

Sadness Soul-ution: Slow Down and be compassionate toward yourself! Welcome your sadness, "I know you are here for a reason and I want to hear what you have to say."

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Anger is about your internal power. You haven't been willing to exert your will with the loving guidance given to you by your essence.

Anger Soul-ution: What do you believe has power over you? Ask your essence what step you need to take to reclaim your internal power through the energy of love.

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Anxiety occurs when you are not listening to what is for your highest good. When you are doubting your essence, you are empowering your ego.

Anxiety Soul-ution: Look for indicators that demonstrate when trusting your essence has served you and why following your ego doesn't serve you. Believe in each message of your essence and take action accordingly.

Frustration is an indicator that what you are doing is no longer working. You are buying into ego messages that keep you from making a shift that would support you to move forward. You are afraid to do differently because your action will prove your ego's messages to be correct.

Frustration Soul-ution; Do not give up on your essence. This means being willing to be afraid and still move forward because your essence needs you. See failure as one step closer to success. Your motto is Persistent Forward Movement!

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Guilt occurs when you are buying into a definition of yourself or a role that is no longer working for you.

Guilt Soul-ution: Determine what you are buying into about what you "should" be or do that isn't true. Take accountability for shifting your role because others will not do it for you.



