



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



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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.