



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



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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.