



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