



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



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### **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