



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



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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.](#))