



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



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### **Lesson #8 Enhancing Ritual & Deepening Your Evolved Relationship with Anger**

This week's lesson is about continuing to enhance ritual as well as reaffirming your evolved relationship with anger. Because anger from a spiritual standpoint involves tapping into your power and passion, I want to make sure your sacred space reflects that which is within you.

Overall, you want to make your sacred space a reflection of your essence. What stirs you and draws you in wanting more? Images or symbols of your passion are an important component to your sacred space.

What about power? Is your power symbolized in your sacred space? In what ways can you demonstrate your acceptance of your internal power, including your anger as it is now understood? Find a way to honor that in your sacred space whether it is through a picture, drawing or statue of something that demonstrates your power (both in its feminine and masculine forms) or through your own artistic endeavors.

You may be wondering what I mean by masculine and feminine forms of power. Generally speaking, the feminine is going to represent more passive aspects of yourself and the masculine is going to represent more assertive aspects. Regardless if you are a woman or a man, you have both and you want both represented within you.

Feminine power may be represented by insight, intuition along with grace of knowing how to be gentle while still firm. It is also represented in the power of nature, Earth, sensuality and sexuality.

Masculine power may be represented by assertive movement, taking action, courage, boldness and driven focus. Check within you as to what feels like an accurate description for both the masculine and feminine

within you. You can see how both aspects are needed with you to claim your power and recognize your anger through the lens of love.

\*\*\*Please note that because feminine power has been put down and even ridiculed (especially in the West), it is vital to foster this energy - especially during this time of profound universal energy shifts!

There are still other ways of representing power in your daily ritual and having options is what makes ritual a fun and creative process! Lighting a candle, burning incense and smudging are also rituals that unite you with the element of fire. As you saw through the experiential exercise, your anger is connected to your internal fire of passion.

Staring at a flame while contemplating your internal flame is a meditative way of reconnecting to your power when you feel a disconnect.

Burning incense can represent igniting within you the different aspects of yourself that you want to tap into at a given time. Your passion can direct you being able to tap into different aspects of yourself to serve you just as you can ignite different scents to support your frame of mind and well-being.

Smudging is a wonderful ritual to utilize your internal power and intention to clear away that which is not for your highest good. Just as your anger is present to clear from your life that which is not serving you, smudging can support the energetic clearing as well.

## **Suggested Affirmations**

Each month I will continue to give you affirmations that will go along with the theme of the feeling we are studying. Again, the use of flower essences is optional. I use them and strongly recom-

mend their use for any area that you would like additional support or advancement toward. Below are a variety of affirmations (and flower essences) to give you options toward the specific type of support that you would like to address. Use those that are a best match for your needs. (By the way, remember that your needs can vary depending on circumstances so it may be a good idea to keep these handy!)

For claiming more power toward your career:

Through Divine Grace, I believe in my ability to succeed. I am centered in the knowingness of my strength and courage that comes through my inner guidance. Through the love and wisdom of my inner guidance ALL IS POSSIBLE!

(Flower essence suggestion with this affirmation is **Tomato** by [Spirit in Nature](#).)

For honoring your essence:

Through Divine Grace I recognize and honor my essence. I listen to the needs of my spirit and create appropriate boundaries in order that my essence can feel free, at peace, loved and supported.

(Flower Essence suggestion **Boundaries** by [Fox Mountain](#)).

For igniting your inner passion:

Through Divine Grace, I recognize and connect with my inner flame and light. I love, nurture and support my inner light and as I do it begins to grow. This is the light of passion that burns within me, igniting every cell in my body supporting me to claim my internal power to fulfill my life's purpose!

(Flower essence suggestion: **Activ-8** by [F.E.S.](#))

When you don't claim your power for fear of hurting others:

Through Divine Grace, I recognize and honor both the feminine and masculine expressions of power. I trust in the power of love to guide my expression knowing that truth heals all.

(Flower essence suggestion: **Sitka Spruce Pollen** by Alaskan.)