



Empowering Emotions

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Introduction

Feelings, when mismanaged, are the reason for most of the traumas in our individual and collective world. Our pain is caused from our wounds and is solved from our wellness. In order for us to transform our negative feelings, we must be able to name them, so that we may tame them.

There is no shame in having negative, horrible feelings; it is what we do with them that counts. We need to use these feelings because they let us know when something is out of place. No one can escape the challenges of difficult feelings, therefore the sooner we train ourselves to deal with them, the better chance we have of manifesting the healthy, happy life we yearn for.

We are what we feel and we relate in the way we express. The key is to have a better understanding of ourselves and our emotional triggers. We must remember that all of our mistakes are just an opportunity for us to grow. It is when we keep making the same mistake over and over again, that we must stop, listen and learn.

This guide is designed to help us transform negative thought forms and feelings, be it about ourselves or another, into positive thought forms and feelings. Choice not chance determines our human destiny, and good feelings lead to good decision making. The real empowerment is realizing that each time we feel open-minded and open-hearted, we also affect the whole.

*Having a great life is facing our feelings, tracing our motives,
erasing our judgements and chasing our dreams.*

Exercise 1

Selfish to Generous

Selfish: caring for one's own interest only, self-indulgent, self-involved, narcissistic

Selfishness is what created our world of 'haves' and 'have nots'. With the incredible amount of abundance available to us, there is no reasonable excuse for people and animals to be dying of thirst and hunger. Blessings are meant to be shared, not owned. To give unselfishly is to coat the world with a vibration of caring and kindness. The truly generous realize that we ensure our own destiny be what we give, not by what we get.

~ Transformed To ~

Generous: bountiful, chivalrous, free, magnanimous

Beautifully, giving is its own reward. It is the acknowledgement of our enlightenment; our love put into action. In the life of the generous, funding is always available. Our childlike behavior is put away and our chivalry is awakened. Every time we care, we extinguish indifference. Generosity produces a wave of wellness, whereby our goodness is focused on the good for all.

Generosity

When we are generous, we not only help another, we help ourselves. There is such an imbalance in our world that needs to be addressed. In truth, there is enough money in the world to end all senseless suffering.

When we replace our selfishness with our generosity, we become the difference that makes the difference. Selfishness convinces us that there is not enough for everyone and we come from a place of scarcity – ‘scare city’! In fact, there is more than enough for everyone and everything. We live in a world of complete abundance and limitlessness.

Being generous is honorable and noble. It means we care about what is happening to another. We show our gratitude for what we have by sharing it with someone who is less fortunate and does not have enough. Every time someone is in need, they are giving us an opportunity to be a better, kinder person. There is no greater feeling than to serve something that is greater than ourselves.

Having the chance to right a wrong is one of the best experiences that can happen in our lives. It means we are the seed of justice and the tree of transformation. The reward of giving is the ability to give. When we give, we become the miracle that someone else was waiting for.

1. What is the line from the above paragraph that meant the most to you?

2. Write 3 statements where being generous is easy for you.

3. Write 3 statements where you have trouble being generous.

4. Where have you been the most judgmental and how can you transform that feeling.

5. Whom do you feel is a great example of generosity and why? This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.

Exercise 2

Resentment to Forgiveness

Resentment: displeasure, indignation, angered, feeling hardened towards.

Resentment hardens the heart. It births an anger and frustration which ultimately become the demise of our happiness and joy. Resenting something or someone is a toxicity that needs to be cleaned out. We have a responsibility to ourselves not to be a carrier of this emotion because it will ultimately hurt ourselves. The way to heal resentment is through acceptance and forgiveness.

We then create an energy of rising above and going beyond.

~ Transformed To ~

Forgiveness: merciful, charitable, compassionate, pardoning

Forgiving is our manna for a peaceful life. It unlocks all doors to the subconscious and awakens us to our limitless future. It is the most generous gift we can give to ourselves. It softens all hardness, whether that be in ourselves or another. The more we forgive, the safer we feel. The happiest relationships are the union of two forgivers. When we forgive, we forego all heaviness, so we are totally free to fly.

Forgiveness

The ability to forgive is a freedom and an attribute of our strength. When we get hurt over something, which we inevitably will, the wisest thing to do is strive to reach a point of forgiveness. Forgiving someone should not be rushed; otherwise our anger and resentment will rear its head again. Our thoughts and emotions need to be examined, considered and then cleared. When we do not have the need to be “right” about something, forgiveness comes more easily. All problems arrive with their gifts. From them, we grow, learn compassion and develop our wisdom.

There is another gift that comes from being able to forgive another easily. We begin to forgive ourselves more easily. We all make mistakes; it is unavoidable. These errors come as teachers, to show us better ways of handling life situations. A mistake is an opportunity for change and transformation. It is when we keep making the same mistakes over and over again that we need to stop and take a good look at ourselves or another.

Resentment comes with a big price. We end up behaving cold, mad and our hearts close down. This creates another problem, which in turn creates another problem and before we know it, hate becomes our way of life. Therefore, it stands to reason that when a difficulty arises, we need to think it out, clear it out and clean it out. This leads to a comfort, which leads to a joy, and before we know it, peace becomes our way of life.

1. What is the line from the lesson that meant the most for you?

2. Make a list of the people you are angry with and you have not forgiven, including yourself.

3. Create ways as to how to forgive those people, including yourself.

4. Make a list of anyone who has not forgiven you, and think of ways to communicate with that person to better the situation. If they deserve an amends, make certain to give it.

5. Make a list of mistakes you have made that you commit to not making again.

6. Whom do you feel is a great example of forgiveness and why? This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.

Exercise 3

Pessimistic to Optimistic

Pessimistic: expecting the worst, a belief that failure outweighs success, no faith or hope.

Life is what we expect it to be. Our thoughts are our best friends or our worst enemies. Working with a pessimistic mind always gives results that are less than hoped for. When we are liberated from pessimism, we are liberated from the feeling of imprisonment.

~ Transformed To ~

Optimistic: looking on the bright side, belief in the positive, the doctrine that everything can be for the best.

Optimism leads to our power that is funded from our passions. It magically creates an opening that transforms negativity into positivity. When we feel optimistic, our hearts flutter and our life takes flight. We grab a greater vision, manifest a larger plan and find a peace within ourselves that cannot be explained, because it is too extraordinary.

Optimistic

Feeling optimistic feeds us life. It is an expression of our positivity. Now, more than ever, with the incredible amount of negative news, we need all the optimism we can muster. Through our optimism we see the light not the dark, the certainty not the doubt, the clarity not the confusion and the good not the evil. When we “opt” to view things from a place of possibilities, we are truly showing our commitment to our confidence. This, in itself, births openings and the energy to marvelously manifest them.

When there is no sunshine, very often people take vitamin C as a sun substitute. When things happen in our lives that are cloudy, rainy and cold, optimism is our emotional vitamin C. For every season, there is a reason, and this stands true with problems. More often than not, they come with insights, opportunities and rewards.

On the other hand, pessimism instigates a negative outlook that creates toxic energies. Health studies show that people who have a positive outlook tend to stay healthier and have longer lives. Being optimistic is what keeps our energy up, our mind alive and our creative juices flowing. It is also a statement of our determination and courage. The greatest victory of optimism is that it frees us from feeling victimized. Unfortunately, in this world we live in, bad things often happen to good people. However, if we make a commitment to ourselves to keep looking up and not give in, we will indeed reach our predestined fulfillment.

Success is not an end result; it comes from how we take the journey. When we approach life with an optimistic viewpoint, we find happiness and joy, even in the difficulties. We use these difficulties as an artist uses a paintbrush. We draw new conclusions, new avenues and new adventures. This leads us to new friends, new acquaintances and even new gifts. We find a part of ourselves that was incubating, just waiting to be born. Our problems become the final push into a wondrous new experience.

When things look down, as they often do, our optimism is the white horse that will take us to a higher place. It is an expression of our faith and hope, which creates a certainty, that no matter what the circumstances, of staying true to ourselves and our purpose for being here.

1. What is the line from the above paragraph that meant the most to you?

2. What is happening in your life that you feel optimistic about?

3. What is happening in your life that you feel pessimistic about?

4. How can you diffuse your pessimism and activate your optimism?

5. Whom do you feel is a great example of optimism and why? This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.

Exercise 4

Deceptive to Integral

Deceptive: the act of fabrication, fraud, lying trickery, untruth.

Lies always involve an injury because they are a pretense of what is not. As a result, the heart is always impeded by dishonesty. Deceptiveness usually comes from attachment. It comes from a lack of trust, that, if we tell the truth, we will not get what we want. If we weren't so attached to it, we would never feel the need to lie about it. Lies always complicate matters so it is wise to infuse the simple into the complex. Whatever is meant to be...will be. True success is built on the foundation of us feeling free to express who we true-ly are.

~ Transformed To ~

Integral: upright, pure, truthful, integral.

Truth is something we must find and honest something we must be. The saying 'honest to goodness' truth rings loudly at so many levels. Nothing of goodness can come from being deceptive. Our honesty is a statement of our self-respect, which becomes an expression of our integrity. Words of truth move us into a higher state of being. They create an aura of trust and impeccability within ourselves, our family, our community and the world at large.

Integrity

Our integrity is our greatest protection, whereby the preservation of our character becomes unthreatened. Speaking our truth leaves us feeling guiltless and guileless, whereby our conscience is free and unencumbered.

Our world is filled with many opportunities for us to fall from grace. Between the cheapening content of some of our entertainment and the destructive behavior of some of our leaders, we are constantly being given the messages that being deceptive and cheating is acceptable, unavoidable, and necessary to succeed.

The expression; “Oh this is business”, insinuates that anything goes under the guise of making money. This statement is the farthest thing from the truth. Our soul does not separate itself from anything we do, say or involve ourselves in. Our soul is our constant reminder of our higher self. It stays with us in order to keep us on the track of what is right and righteous.

Our purity is the biggest gift we can give to ourselves. There is nothing worse for our development than the feeling we get from lying and being dishonest. From these feelings, we begin to draw to ourselves people, places and things that are examples of our self-disrespect. They are a set-up, a plant for our demise.

To quote Confucius: “We must be integral in our daily life, honorable in our work and sincere in our dealings with others. Even though we walk among barbarians, we should never let such concerns slide.” It is amazing to think that this was written 2,500 years ago and yet this quote can be applied so perfectly for the present times.

Pope Francis was quoted as saying “truth has become an endangered species.” The more stable our truth, the more stable our foundation. We come to realize that the ‘high-light’ of our life is when our heavenly nature and our human nature are living simultaneously as one.

1. What is the line from the above paragraph that meant the most to you?

2. Write 3 statements where being integral is easy for you.

3. Write situations or people you have trouble being integral with.

4. Where have you been the most deceptive and how can you transform that feeling.

5. Make a list of mistakes you have made that you commit to not making again.

6. Whom do you feel is a great example of integrity and why? This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.

Exercise 5

Undisciplined to Disciplined

Undisciplined: to be untrained, disobedient, unruly

Being undisciplined creates an atmosphere of chaos that prevents positive results from manifesting. It is a fast track to nowhere. Do not underestimate the power of discipline. Lack of it is the number one reason why we fail at things. We did not have the wherewithal to stay the course, ride the wave or keep the belief. Discipline is the vital force that activates transformation. Through it, we take the risk, we do what is right and we reap the rewards.

~ Transformed To ~

Disciplined: trained, educated, obedient, honoring

The most worthwhile intentions are worthless without discipline. It is the commitment to all that is worthy. Our discipline paves the way for us to reach our predestined goals and dreams. We follow the course of evaluation, education and elevation. We willingly take rebuke, then we quickly self-correct and become enthralled with what we have become.

Disciplined

All successes are built on the foundation of discipline. Discipline creates calmness, while the lack of it creates chaos. When things are chaotic, communication gets complicated, commitments get cut and clarity becomes confusion. Being undisciplined leads to a carelessness that can cause undue harm. On the other hand, when we are disciplined, we are careful, and when we are careful, we are automatically protected.

Discipline is the combination of many 'D' factors, such as discernment, devotion, dedication, direction, decisiveness and delivery. If we are to succeed in any walk of life, whether in relationships, jobs, school, sports or even volunteer work, we need to be committed to the discipline of making it happen.

Willpower is a very important part of being disciplined. It takes a willingness to sacrifice certain pleasures once we have chosen our path. Then it takes willpower to keep on that path. Strength does not come from physical capacity; it comes from our indomitable will. The more willing we are, the more fulfilling our life becomes. We develop self-responsibility which leads to self-respect, which then leads to self-worth, which ultimately leads to higher self-esteem.

Lack of discipline so often leaves us with these sad words: "It could have been" or "It should have been" or "It might have been". All of us have been unruly at one time or another. The gift is the lesson we learn from it. When we fall, we must get up and get going. We need to learn from our mistakes and use them as a warrior would use his sword. We strike to take it back and make it right. Our errors then become the teachings that make us smarter and sharper.

1. What is the line from the above paragraph that meant the most to you?

2. Where do you feel the most disciplined and why?

3. Who do you feel the most undisciplined with and why?

4. Where are you aware that your discipline is most important?

5. Who have you been the most undisciplined with and why?

6. Whom do you feel is a great example of discipline and why? This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.

Exercise 6

Depressed to Enthusiastic

Depressed: lack of interest, lack of emotion, listless, indifferent.

If we do not stand for something, we stand for nothing. Most people believe that the problems in the world are too big and they are too small to make a difference, which makes us angry. This is the root of depression. It is true that we cannot change all situations, and we cannot change another person, but what we can do is change ourselves. We can no longer afford indifference. A one hundred foot redwood tree starts with just a tiny little seed. Know that we can be that seed. Sometimes, when we consider what tremendous successes come from little things, we realize that in fact, there are no little things.

~ Transformed To ~

Enthusiastic: exalted, eager, excited, passionate, inspired.

Enthusiasm is the fire that gives power to any endeavor. The word enthusiastic is derived from the Greek word 'enthu', which means 'in Divine Power'. When we are enthusiastic, we are in a state of exaltation which is the key to all our limitless possibilities. We activate our spark, our uniqueness, our individuality, our purpose, and our reason for being.

In all, we are in a constant state of love.

Enthusiasm

Enthusiasm is the cheerleader for every situation. It is a fire that says, “I refuse to be extinguished.” When we feel enthusiastic about something, we lead the way for ourselves and others. When we feel defeated about something, yet stay enthusiastic, more often than not, triumph is right around the corner. We carry the matchstick for the still undeveloped potential.

Today’s impossibilities become tomorrow’s reality when our efforts are fueled by enthusiasm and passion. We all have divine sparks within us that are waiting to be ignited. When we feel enthusiastic about something, we are, in fact, the match bringing that something to the light. In return, we receive the gift of feeling energized and excited. These feelings have the ability to carry us through all the potential difficulties of discontent and worry, or any other difficulties that may arise.

Feeling inspired and passionate are twin souls to feeling enthusiastic. Together they birth our creativity and productivity. When we realize that nothing has to go right for us to maintain our enthusiasm, it is then that we realize our enthusiasm is what will make everything right. Our dull days are over and our depressed feelings are finished.

People do not realize that our enthusiasm is linked to our inner strength. It is a statement of our determination to keep something alive. When we love what we do, or who we are with, our dark feelings are extinguished by the light shining brightly from within us. When we feel inspired, we feel connected. When we feel passion, we feel alive. When we feel enthusiastic, we feel empowered. Our empowerment comes from our knowing that we have found the path for our heart’s desires and yearnings.

1. What is the line from the lesson that meant the most for you?

2. What do you feel the most enthusiastic about and why?

3. Do you complain and whine a lot, if so, why and how can you transform it?

4. When you feel apathetic about something can you find something, to feel enthusiastic about that will help the depression disappear? Explain.

5. Make a list of what inspires you.

6. Whom do you feel is a great example of enthusiasm and why? This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.

Exercise 7

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?
