



F.E.E.L. Feel Every Emotion as Love™
Turn Your Negative Feelings Into Your Greatest Allies



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The Four Step F.E.E.L. Process

Step 1: Identify How You Feel

Write down all the emotions that are coming up for you. Now see which of the Big 5 is most related to how you feel. If you are feeling more than one of the Big 5, pick the emotion that wants to be addressed first.

Step 2: Ego Release

Allow the ego's version of what you are feeling to come through you. Write down all of your fears, objections, and doubts. You want to be able to clearly identify what your ego is telling you on paper, rather than let the ego's messages continue to run amuck in your head.

Step 3: Acknowledge the Guidance of Your Essence

Now that your ego feels heard, there is space for your inner guidance to come through in your mind. Allow your essence to share the other side of the story, which always differs from your ego's version. What loving guidance or message does your essence want to give you? Give thanks for the information you receive.

Step 4: Claim and Activate Your Next Step

- A. Ask your essence what single step would bring you into closer alignment with your truth.
- B. Commit to a date by which you've demonstrated that step through an actionable measure.