



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



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Inner Dialogue Meditation

Everyone experiences different voices going on in their heads. Typically, these voices can be narrowed down to two types of voices.

1. Your ego voice: This voice conveys messages that are self-destructive and is often referred to as: the critic, the judgmental voice, the hard on you voice, the voice that puts you down, the voice that tells you that you better keep doing more and more even though you are exhausted.
2. Your Essence Voice: This voice provides you with loving guidance. This is the voice that encourages you, the voice that loves you unconditionally, the voice that supports you to see your truth, the voice that empowers you. You may also call this voice your Inner Wisdom, your Empowered Self or whatever name fits for you.

By the time most people reach adolescents, they are used to hearing the voice of their ego far more than hearing the voice of their Essence. In order to hear the loving messages coming from your Essence, you have to consciously decide to build your relationship with your Essence.

To build your relationship with your Essence, you need to take time to step back and really listen to what is going on within you rather than continue to fall back on auto-responses created by the unconscious fears of your ego.

The following is an Inner Dialogue Meditation, which supports you to connect and listen to the voice of your Inner Wisdom. It is important not to use this process to try to get rid of your negative feelings. This meditation allows you to bring all of your feelings closer to you through love rather than fear by reconnecting to the all-knowing place within you.

Let's Begin....

Take a few cleansing breathes. Imagine with each breath you are sinking deeper within your body.

Image a place deep within you, about 2–3 inches below your navel, as your sacred space. This sacred space is your home where you are always understood & always loved. There is no judgment about you here. You are totally free to be you and be honored, loved and accepted for who you are in this exact moment. This is where you are totally nurtured and take-care of because there is nothing you have to be or do.

Begin to imagine the scenery around you within your sacred space. Maybe you are outside in nature or within an inside setting. See if you can pick up on any images, colors or feelings you get being in your sacred space.

Feel yourself feeling more comfortable in your home. This is a place where you are welcome to open yourself to receive. Feel your heart expanding and opening even more to receive your Inner Wisdom. In this sacred space, you feel deep trust toward yourself and you know you are immensely loved. This space is where your dreams and the infinite possibilities of your true self is safe.

Now ask yourself, what does my Inner Wisdom want me to know about the current situation which has brought about my negative feelings? What am I meant to understand through these specific feelings?

Trust in whatever comes to you. You may receive an image, a word, a color, a smell. Just allow whatever wants to come through to you to be shared with you and give thanks for it all.

Ask if there is any other clarity your inner wisdom would like to reveal.

Now take whatever was revealed to you and imagine it as a gift that now rests in the palms of your hands. Take this gift that you hold in your palms and press it lovingly to your heart, where it's true significance is sealed. Know within your heart that the wisdom of these gifts are always available to you and will keep coming forward to you throughout the day.

Again, thank your inner wisdom for this gift and the blessings it contains. Give thanks for the connection you have with your Inner Wisdom, no matter how faint it may feel at this moment.

If you like, you may tell your Inner Wisdom you'll soon be back to visit. You may also give your okay for your negative feelings to be used as an invitation for you to come back to your inner home.

You are now departing from this home with a knowingness that this sacred space is always available to you because it was created uniquely for you. You may come back to it as often as you would like.

Slowly begin to travel back up through your body, up through your core to your heart center and now back into your current physical surroundings.

Immediately take 5 to 20 minutes to journal about what you received.

Allow whatever comes through your pen to be written without editing. You may also want to draw an image of what thoughts or feelings came through during the meditation. Even if there was nothing, let's say for instance a sense of emptiness- write or indicate what that means or felt like coming from your inner wisdom (ie. what's the benefit of that state?). The point is there is no such thing as receiving anything "wrong."