



HUMANITY 2.0

EMOTIONAL MASTERY

HOW TO MAKE PEACE WITH FEAR AND ANXIETY AND WORK IT LIKE A BOSS

Emotions are energy in motion as one of many tools in your Mastermind toolkit. Consciously experiencing and fully processing all your feelings is self-mastery.

Your practice:



MIND/THOUGHTS

The **head brain** transmits positive/negative creative bits of data you may choose to collaborate with or allow to pass.

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SPIRIT/FREEDOM

Invite life to reveal an expanded point of view. In balance, emotional freedom is achieved as you transcend mind/body into your higher power as **spirit** (superconscious).

BODY/FEELINGS

The body generates a feeling of pleasure or pain based on the **gut brain's** (subconscious) reaction. Surrender by diving into your feelings, going within to breathe deeply. This allows the **heart brain** (conscious) to feel and process your emotions until the energy dissipates so that you can respond from a place of choice rather than reacting.