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 Masterminder 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.

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.

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).

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