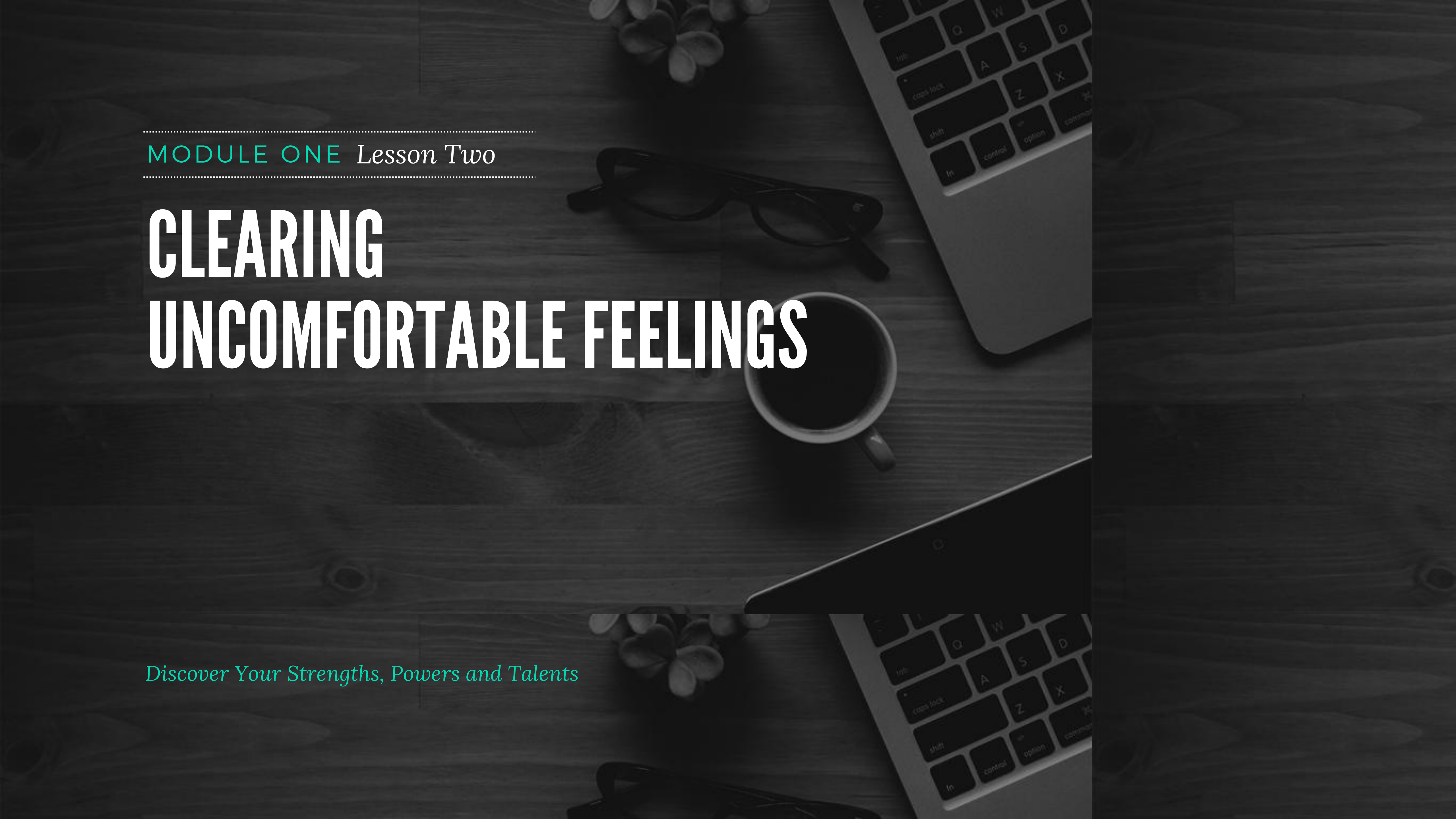




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MODULE ONE *Lesson Two*
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CLEARING UNCOMFORTABLE FEELINGS

Discover Your Strengths, Powers and Talents



WHAT YOU WILL LEARN

- ▶ How to honor your emotions and clear them when uncomfortable feelings arise
- ▶ How observing feelings removes judgments & connects you to your Highest Self
- ▶ How to use forgiveness to disconnect from emotions and life experiences

HOW TO CLEAR UNCOMFORTABLE FEELINGS

- ▶ Use the 8 step process meditation.
- ▶ or
- ▶ Watch the guided video meditation using the 8 step process



LESSON TWO *Process for Clearing Uncomfortable Feelings*



STEP 1 CLEARING UNCOMFORTABLE FEELINGS

ALLOW FEELINGS TO COME FORWARD AND FEEL THEM

Discover Your Strengths, Powers and Talents



STEP 2 CLEARING UNCOMFORTABLE FEELINGS

**LET GO OF RESISTING FEELING
UNCOMFORTABLE FEELINGS.**

Discover Your Strengths, Powers and Talents



STEP 3 CLEARING UNCOMFORTABLE FEELINGS

**LET GO OF RESISTING FEELING
THE COMFORTABLE FEELINGS.**

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STEP 4 CLEARING UNCOMFORTABLE FEELINGS

**NOTICE WHERE IN YOUR BODY
THE UNCOMFORTABLE FEELINGS ARE.**

Discover Your Strengths, Powers and Talents



STEP 5 CLEARING UNCOMFORTABLE FEELINGS

**OBSERVE WHERE THEY ARE IN YOUR BODY.
BECOME THE OBSERVER OF YOUR FEELINGS.**

Discover Your Strengths, Powers and Talents



STEP 6 CLEARING UNCOMFORTABLE FEELINGS

**KEEP OBSERVING THESE FEELINGS
UNTIL THEY PASS THROUGH YOU.**

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STEP 7 CLEARING UNCOMFORTABLE FEELINGS

**FORGIVE ANYTHING THAT NEEDS FORGIVEN
TO RELEASE YOU FROM THE BONDAGE
OF THAT FEELING.**

Discover Your Strengths, Powers and Talents



STEP 8 CLEARING UNCOMFORTABLE FEELINGS

**FEEL GRATITUDE FOR HAVING
THESE FEELINGS TO HELP YOU EXPAND
YOUR LEVEL OF CONSCIOUSNESS.**

Discover Your Strengths, Powers and Talents

SOME EMOTIONS ARE STRONG

- ▶ If you have a recurring emotion that is strong you may want to use the written meditation on your own 1st.
- ▶ You may need to do the meditation a few times before clearing uncomfortable feelings.
- ▶ Doing the meditation numerous times does not mean anything bad or wrong about you.

SOME IMPORTANT POINTS

- ▶ Be careful not to take on any negative beliefs about yourself if you find it challenging to let your emotions go
- ▶ You may prefer to use another method.
- ▶ You can have the best experience when using ear phones or ear buds for these meditations.



**DOWNLOAD THE WRITTEN PROCESS NOW
& WATCH THE GUIDED MEDITATION VIDEO**

Start clearing your emotions