

## ***Energy in motion = emotion***



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### When:

Are you struggling with strong emotions that come out of nowhere and take over your life? Do you feel like they control your life? It is time to look inwards.

### Why:

Emotions are nothing but energy flowing through us. We give them negative or positive colors. However, emotions always try to direct us to take action and the more you ignore its call, the more persistent it becomes.

### How:

To release your emotion, the first step is to confront it. Stop suppressing it and imagine yourself talking to this energy. Ask - what are you trying to tell me?

Once you know the answer, ask more questions to see if this is rational or irrational. Once you figure out what the purpose of this emotion was either choose to take it onboard and act on it or release it back to the universe with gratitude.

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