



Emotional

POWER



Emotional

Power

Emotional Vibration ATTRACTS

**We can CHOOSE the thoughts
that create the Emotion**



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What is Stress?

BELIEF: The demands of this situation exceed my resources or ability to cope.

FEELING: both EMOTIONAL
and PHYSICAL



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CAN'T CONTROL – “I let go and let Love.”

- Global Issues

Other People

- Feelings
- Decisions
- Opinion

Boundaries

Decisions

CAN CONTROL

Actions, Reactions

Thoughts, Feelings,
Beliefs

- Past/Future

- Outer Circumstances



Emotional

P O W E R



Build a Deep Realization of Truth

Notice ERROR Belief

- 1- Not Enough
- 2- No Power/Worth
- 3- Illness
- 4- Don't know answer
- 5- Lost control, chaos
- 6- Must do it all

Think About/Imagine TRUTH

- 1- Infinite Substance
- 2- Love, Allow, 1 Power
- 3- Life, Intelligence
- 4- Wisdom, Intuition
- 5- Peace, God 1st, Order
- 6- Release, let go



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Signs You're Aligned

HIGHER VIBRATION EMOTIONS

RELIEF

HOPE

OPTIMISM

EAGERNESS

HAPPINESS

KNOWING

EMPOWERMENT

FREEDOM

LOVE

APPRECIATION



Emotional



POWER



Everything always works out for me.

