



**emotional  
POWER**

# **What makes you SAD, DISAPPOINTED, DISCOURAGED?**

**When reality fails to meet your  
expectations, hopes or desires.**

**There's not enough of what you  
believe you're entitled to:  
Money, Health, Love,  
Friends, Free Time**

**Followed by an assumption...**

**The sting of realizing a goal won't be reached**

**Disconnection from something highly valued**

**In a situation that feels entirely out of your control**



**emotional  
POWER**

# **A Path to Emotional Power...**

**Don't deny the emotion – FEEL IT**

**Am I ready for the GIFT?**

**What MEANING am I giving this?**

**What's the TRUTH?**

**Let it go**





**emotional  
POWER**

More often than we realize, the lack of love in our lives is simply the lack of expressed love. If you are not attracting the good that you desire in your life, learn to express love; become a radiating center of love, and you will find that love, the divine magnet within you, will change your whole world.

May Rowland – *Dare To Believe*



**emotional  
POWER**





**There's a different path to my Good.**