

EMOTIONAL CPR

EMOTIONAL PAIN: GARBAGE OR GIFT?

It's impossible to count the number of men, women, adolescents and children who live in emotional pain as a result of the fear and hurt that follows sexual, verbal, or physical abuse and abandonment. It's been that way throughout history, but things are starting to change.

Our generation is coming forward with the kind of personal courage needed to break the emotional chains of false tradition that have bound men and women for centuries. For perhaps the first time, people are realizing that they are not their feelings. That their feelings are simply pagers (texts) alerting them to situations that need their attention.

In other words, the fear and hurt you harbor may feel like garbage, yet it is actually a type of gift. Why? It's reminding you of the need to heal and to give yourself the love you deserve. The feelings that linger after you are emotionally injured provide the opportunity to discover your true nature- LOVE. The process of going within, of transforming the hurt and fears you uncover, creates incredible strength as first you see, then become, the grand eternal soul you are.

These transforming steps gradually become the graceful, floating movements of a human "butterfly dance". As you break through the chrysalis of fear, you will discover your Godly wings, splashed with all the spectacular hues of LOVE.