

Hi everyone, this is Claire from Inspirited!!

I am honoured to be able to share with you how you can make this year a happier and healthier one for yourself and the ones you love.

I have a healing and wellness centre on Bay Street in Port Melbourne, and what I have discovered - after seeing hundreds of clients - is that many of us don't realize how powerful we really are.

I'm going to share with you 3 things you can do to tap into that power, so you can become the person you're meant to be, enjoy your life a lot more and learn how to have the energy to be there for other people, because I know, as human beings: that's what we all really want.

We all live busy lives, and spend too much time in our heads: worrying about the future; trying to pay our bills; bringing up our children and trying to grow our careers. All of this can get overwhelming and cause high levels of stress. We often feel weak, and sometimes we even feel like giving up.

We do whatever we can to avoid pain, or feel the emotions that come with it. Some of these emotions (such as stress and anxiety, fear, shame and guilt) are heavy—they block us from having clarity and peace of mind. We carry these strong emotions in our bodies, and yes: when they are left in our bodies for too long, we become ill.

Feeling these uncomfortable emotions is something nobody wants to do! However, our emotions are the most powerful gifts we have: they can make us feel great sadness and great joy, and they can also inspire us to do amazing things.

There is a way that we can experience emotion that is healthy and prevents us from hurting ourselves.

So, how we can move into that higher vibrational space of experiencing our lives in more joy?

Let me give you an example:

We all have friends that go through breakups, or otherwise really struggle in life, and sometimes they confide in us about how they are feeling and what's going on. However, when someone is in deep emotion, it's often very hard to get them to see a way out.

What if we could help ourselves - and our friends - process these emotions quickly?

Here are three simple things that we can all do every day, for ourselves and our friends who are in trouble, so that we learn to move through emotion in a healthy way and get on with our day, having more clarity, feeling more positive and having a lot more happiness.

It's very powerful and it's simple:

1. Identify the emotion

When you are talking to your friend who is upset, instead of trying to solve the problem for her, look for the emotion that's sitting underneath her words. Pay attention to her voice, tone and expression, ask yourself, 'What is she really feeling?' Try to identify the emotion she is feeling.

2. Get her to Acknowledge It

Once you have identified what that emotion is, all you need to do is get her to recognize it.

So if you sense that there is some anger, sadness, guilt or anxiety, you can simply say (with compassion):

"Hey... I get the feeling that you're angry at the moment. Can you feel that?"

Once she has acknowledged it and agreed, just respond by saying, "It's okay to be angry and not only is it okay, but I can help you with that."

3. Get her to Feel it

In order to move through the anger that we are experiencing we have to FEEL the emotion and sit in it, which is uncomfortable, but, the more time you spend sitting in it and feeling it the quicker it disappears.

Doing this takes away any judgment your friend might normally feel about being emotional and it gives her the space and the freedom to feel it fully.

So you can say something like:

"Instead of talking about how to fix your problem, how about we just feel this anger together?"

Bonus Step:

Once she is starting to sit in that anger and get comfortable with it, ask her:

"Where are you feeling the anger in your body?"

This is because emotion is simply energy in motion, and it's always sitting somewhere in the body: the chest, the stomach, the head (everyone is different).

Once she has recognized where the anger is sitting, just encourage her to feel the emotion and let it be there, taking a couple of breaths. Deep breaths really help....

Then, all you need to do is be there for that person as they are sitting in the emotion.

If you can get her to say the words:

"I am angry."

and really own it, that will help speed up the process.

So the way you help someone to move through their emotional state quickly and easily is by encouraging them to feel it. What we need to do is feel the emotions in our bodies, rather than focus on the words or actions.

So, let me recap

- 1. Identify the emotion**
- 2. Acknowledge it**
- 3. Feel it in your body**

Once your friend has allowed herself to feel it and sit in the emotion, it will then start to leave. This will help her to feel lighter, and better within herself and, as a result, clarity then comes. So you will no longer need to give her advice! (believe it or not), on what she needs to do next.

Once she has actually felt the emotion she has been trying to avoid for so long, she will have her own clarity. That's when we can access our true power, because the negative emotion is gone and we can start to live from a place of love, joy and vision and this is powerful. When we are powerful, we can start to fulfill our dreams.. live the lives we were meant to live, and meet the partners that we have always wanted to meet!

So what I encourage everybody to do this year is learn to feel YOUR emotions, help your friends to feel THEIR emotions, and we will all tap in to our own natural powers, and as such live happier and more abundant lives.

But remember - YOU HAVE TO FEEL TO HEAL

For those of you who perhaps feel as though you cannot manage it on your own, then you can come and see us here, and we can guide you through the process really gently, and with lots of love 🍷

Below is a link to the PDF where you can download this information for free. There is also a link to the website if you want to find out a little bit more.

I really want to thank you for taking the time to watch this video. I hope that you are able to use it to help change the lives of everybody that you care about, and - especially - your own.

Thank you