



Emotional Clarity

*Following your feelings will lead you to their source.
Only through emotions can you encounter the force field of your own soul.
~ Gary Zukav*

Do you give yourself permission to feel any particular way without judgment or condemnation? To live in the now and take in the richness of the now moment, whatever it is, means feeling what is present and not dismissing it.

Optimum emotional well-being and health require a partnership of the following three ways of working with our emotions:

- Feel what you're feeling and express it in a healthy way ~ (*Emotional Expression*).
- Identify core beliefs that create emotional discord and learn how to transform them ~ (*Belief Work*).
- Let go of negative emotions you have been carrying from the past ~ (*Emotional Clearing*)

Each San's Sacred Circle session is a mini retreat with music, meditation, and more. . .

Open to that within you which celebrates life!

Shirley A. Nelson
sanscircle@gmail.com
216-978-2626
www.sanssacredcircle.com