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How can I create emotional flow?
And how will that affect my life?

With emotional flow we feel happy and light and at ease. Of course, being human, we may experience difficult feelings such as anger, frustration or discouragement. But we can learn to transmute these feelings so our inner sun shines once again. We don't have to get bogged down in painful feelings that gum up the works. We can be the master of our emotions, instead of letting our emotions master us.

So many times, I've helped people release a stuck emotion and they can't believe how much better they feel. When we are feeling sunny inside, our relationships are smooth, work goes better, success and fulfillment come to us more easily. We enjoy life. When we are in a good state, we attract good fortune or what we sometimes call "good luck."

We may think our emotions are our own private affair, but they are frequencies of energy, and we are always transmitting our energy. People are always responding to what we transmit, whether they do so consciously or not.

Most of us think that our emotions are the results of events in our lives. But actually, it is often the other way around. If we shift our emotions, the events will naturally shift, as well.

Fortunately, we can all create emotional flow. The first step is to gain awareness of our emotional state. If we're gripped by some difficult feeling, we can use simple techniques, such as the one in this month's guided meditation, to dissolve them. With practice, we will be able to dissolve heavy feelings easily, until they can barely take hold of us for any length of time.

When we create emotional flow, it affects all our energy centers. Emotional flow lightens our thoughts and hearts, and gives us an expanded and uplifted vision. But best of all, when we have emotional flow, life is just so much easier and more comfortable.