



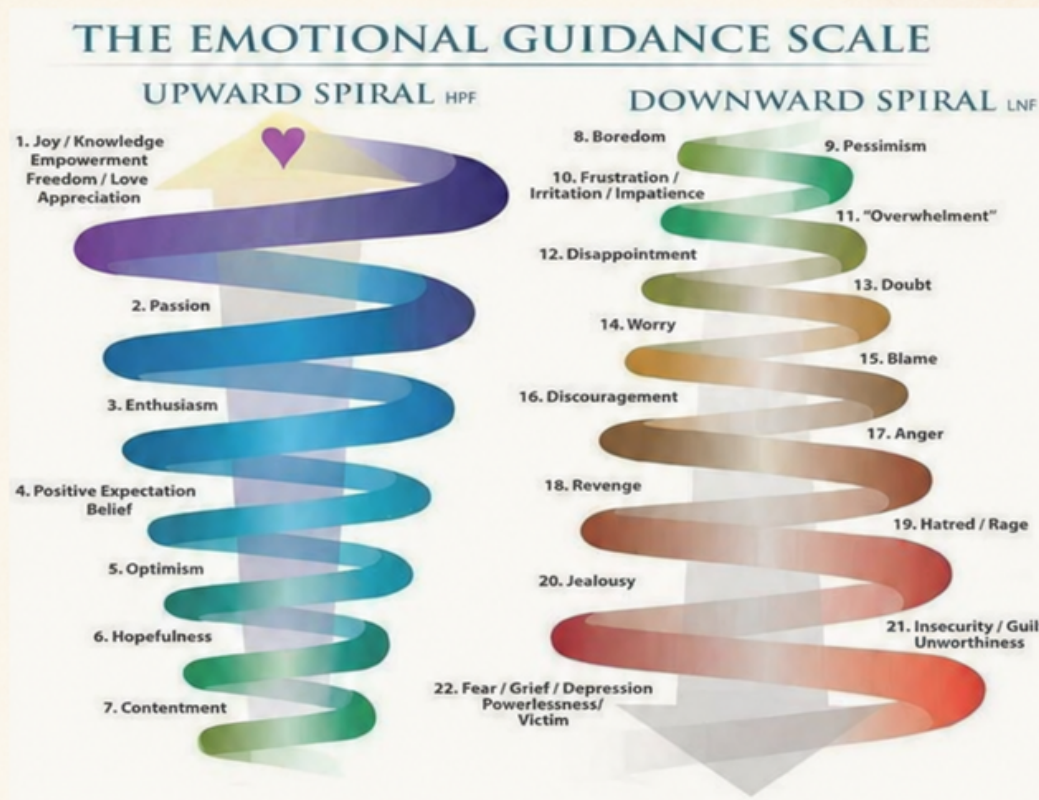
A Healing Insight from Reiki-EssenceHealing

The Power of Your Emotions

March 28, 2026



The Power Of Your Emotions



"EGS"

YOU HAVE THE CHOICE

You have often heard me say: "No one or any situation can make you feel any way that you choose not to".

It's true — You have the choice on how you feel minute by minute.

This does not mean ignore how you're feeling.. you want to acknowledge your emotions as they are guidance as to where you are on the emotional scale.



Let me expand, share and Quote “Abraham” to give more clarity on how we can be more aware of our emotional states and “Stand in our Power”

The Emotional Guidance Scale (EGS)

Whenever you feel an emotion, or have a “gut feeling”, that’s the EGS giving you Guidance. Every thought you think leads you to a feeling somewhere along this scale. By using the EGS, you can move your energy intentionally toward better feeling emotions, and subsequently to better feeling outcomes.



Honoring Your Emotions



Your emotions are indicators of your vibrational frequency.

When you recognize that your emotions reflect your alignment with Source Energy—and that feeling better means you're more open to what you desire—it becomes easier to understand and how to respond to your emotions.

From a grounded perspective, you can think of emotions as feedback rather than something to judge or suppress. They are indicators:

- **Expansive emotions** often signal alignment, truth, or openness
- **Contractive emotions** often point to unmet needs, limiting beliefs, or internal resistance



Desire to Feel Better

When you desire to feel better, you can gently notice where you are on the emotional scale and, from that awareness, begin reaching for thoughts that feel just a little lighter—allowing those thoughts to naturally guide you into more uplifting emotions.

This is the essence of working with your emotional guidance system—honoring that each emotion has its own rhythm and allowing your thoughts to become stepping stones rather than forceful corrections. Each gentler thought creates a subtle shift in your energy, and those small shifts begin to build momentum.



Choose your Focus

At times, it can feel as though life is happening to you—pulling your attention into circumstances, reactions, and emotional waves that seem to take on a life of their own. In those moments, it's easy to forget that we hold the power to choose where our focus rests.

It is something you can gently, consciously direct. This isn't about denying your experience, but about remembering that your awareness is a powerful point of choice.



Abraham tells us that If your focus remains on the injustice of something, the Law of Attraction will create more things that will show up as injustice in your experience. Your Work is to turn your attention to what feels good. You have to find something that feels good and practice those good-feeling thoughts.



INNER ALIGNMENT

Repeat affirmations like:

- “I trust myself.”
- “I am confident in my choices.”
- “I honor the Power within me”
- “I am enough, just as I am”

Visualize a golden light growing stronger in your core.

Try short breathwork or meditation focused on your center.

Essential Oils to Balance Energy: Lavender, Lemon, Grapefruit, Chamomile, Pine, Rosemary, Ginger, Bergamot and Vetiver

Solar Plexus: Your Source Of your Empowerment:

When you sense that a person or situation has shifted you out of joy or neutrality, it's a gentle sign that your power has been placed outside of you. “Known as “Giving Your Power Away” This disconnection can feel uneasy, bringing a swirl of emotions and a sense of misalignment. In these moments, it's easy to move into autopilot and look outward for the cause. Instead, pause and honor what you're feeling—this is your Higher Self offering awareness of where you are. From this space, you can reclaim your power, choosing your perspective and softly guiding yourself toward more aligned, better-feeling emotions. This is called “Mastery” and Standing in Your Power.

Honoring this sacred center is an act of honoring your own divine essence. Gently become aware of where your energy may be spilling outward—where you offer beyond your truth or say yes when your soul whispers no. With compassion and clarity, begin to weave loving yet steadfast boundaries. In doing so,



you call your energy back home, reclaiming the quiet, radiant power that has always lived within you.

In closing, I am with you in gratitude, honoring your path and every feeling along the way. My Heart is open to support you whenever your Soul calls. From my Heart to Yours,

Wendy