

Introduction

What does it mean to live life authentically? Living authentically means we have the freedom to be ourselves and live in a way that feels good and right to us. Yet so many of us struggle with being able to live life abundantly in the manner in which all our physical, emotional, and spiritual needs are met.

As a life coach and psychotherapist, I was embarrassed that I still struggled to live my life as I wanted. I wanted to be filled with purpose, passion, and a joy for living. What I found myself challenged with over and over was my emotions. Even after all the training I received through my psychology program and the therapy I had gone through, at times I could not get a grip on my emotions. I then turned to life coaching to support me to live life more fully. Life coaching provided me with wisdom that supported me to create changes. Through my life coaching, I learned about the Law of Attraction, years before *The Secret* was written. I found even though I was able to dramatically change my thoughts, when strong emotions emerged, I could not control them.

I came to despise my emotions. I hated my “negative” feelings such as sadness, anxiety, or anger. “Why was I feeling this way?” I would ask myself over and over. “My life is not bad. What is wrong with me?” Book after book I read told me it had to do with my thoughts. Trying to control my thoughts just brought me more anguish. I felt even more like a failure that my thoughts could not alleviate the emotional pain I was feeling.

I would have cycles of this pain for months and months. Most of the time I felt pretty good, but when the pain hit, it hit me hard. Eventually I was guided to do something different rather than try to keep buying into strategies that apparently did not work for me. Through my meditations, I was guided to write.

I thought my writing was just going to be me journaling about how I was feeling. My goal was to get these “negative” feelings out of me. I so desperately wanted to be rid of them once and for all. After all, they made me feel like such a failure and a loser.

What I found when I started writing was that I was being guided to finally come to an understanding regarding the purpose of all of our emotions. From a spiritual perspective, there is purpose to how we feel. Once we stop fighting our feelings, we will recognize the gift. Low and behold, **finally I received support that worked!** Even more surprising was that this guidance was coming through to me as I wrote.

The wisdom that is presented throughout this book is nothing that I could have come up with on my own through the training I received as a psychotherapist or a life coach. The training I received, however, did allow me to integrate psychology and Universal Laws to be able to recognize how to apply this latest guidance. My personal experiences, along with those of my clients, have also allowed me to demonstrate how easily we can become blocked through our own internal processes.

The truth is that most of us do not know at all how to address our emotions in a manner that is supportive to us. We have learned how to avoid or ignore our feelings very well. We have also seen modeled those who like to be overly dramatic with their emotions. Neither of those options works well for us.

Finally there is guidance as to how we can work with our feelings, fears and egos in order that we feel at peace, centered, and free to be ourselves. This freedom allows us to

manifest all of our heart's desires if we open ourselves to this process. The information provided in this book is not about a quick fix. It is about creating your personal journey, which will enable you to change long-held patterns of trying to cope with your feelings, fears, and ego and to learn how to work with your feelings.

Emotional Abundance: Become Empowered is unique in that it offers readers a process and not a list of tips to mindlessly follow. This book is set up to allow you to have an authentic journey with your emotional self. We begin with simply being able to recognize how we are limiting ourselves and then gradually become more and more aware of our unconscious blocks. Just by becoming more aware, you will see your life change. Add to your consciousness an understanding of each of your most prevalent feelings, fears and ego, and you will now be empowered to live the life that you are intended to live.

We must keep in mind that when it comes to our emotion and sense of empowerment, there is no quick fix. Yet, if you are open to going through this process and allowing your feelings to evolve, you will find an authentic path to claiming your own sense of worth and power. Once you do, the abundance you desire emotionally, spiritually, and materially are yours to enjoy. My hope is that we all learn to fully enjoy the abundance that surrounds us with courage from within our hearts.