

This week, we willingly surrender more deeply into the void space by meeting our emotions, whatever they may be. Feelings, because they are not bound by logic, offer us a unique and authentic understanding of who we are. They are deeply tied to our ancient, feminine nature. If we're brave enough to sit in their presence, they will show us our deepest desires, gifts and spiritual lessons. Negative or charged emotions offer great gifts of understanding when we engage them - first, by acknowledging their presence; second, by feeling the depths of them in a safe, supportive container; and third, by working to transform the underlying beliefs and situations that feed them.

Today, place your hand upon your heart and take a deep breath. What do you feel when you breathe into your heart? Whatever it is, assure yourself,

**"I can be present with my feelings."**