

Compose summaries of the texts in 6 sentences using the following word combinations: according to the author, in his/her article ... the author discusses ..; the author states/describes/explains/claims/argues that ... (main idea); the author (or his/her name) presents...; the author continues/ goes on to say ...; the author (or his/her name) concludes that ... in the text the problem of ... is discussed; the author highlights...

Releasing the Feelings

A feeling has no power over you, unless you allow it to. Releasing allows us to get more in touch with our intuition. There is a difference between our intuition and our emotional reactions. The more releasing you do, the more intuitive you'll feel.

Negative feelings cut us off from the flow of abundance , joy, excitement and creativity that we can experience. Sometimes the thought of releasing or letting go of the low energy emotions can feel overwhelming. Maybe we resist letting them go. Our rational mind knows that letting go or releasing the feeling will better serve us, but we might wonder "Who would I be without the feeling?"

If you wonder who you might be without the feeling, make a list of pros and cons. If you do release the feeling – what might that feel like? What positive changes do you think you might experience? Do the same for holding onto the feeling – how is that feeling serving you?

Our emotions actually relate to each other in an organized way. Releasing will allow your mind to become progressively clearer. The changes you feel as you move out of low energy emotions might be gradual. But each time you go through the process of releasing, you will notice yourself naturally gravitating more to the higher energy emotions.

For example, apathy is an emotion that we feel each day to some degree. It would serve us to move through and release the low energy emotions so we can move into lighter, more positive feelings. Some examples of feeling apathetic might include feeling:

- Defeated
- Hopeless
- Indifferent
- Lazy
- Lost
- Overwhelmed
- Worthless

