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Understanding Emotional Energy Cycles What is an Emotional Energy Cycle? During nearly 30 years of independent research I discovered that people's emotions run in ... Free Choice (a commitment appetite for both freedom and to choose powerful alliances). These six cycles are strong in Twos generally, and strong.

### **Understanding Emotional Energy Cycles**

Too many of us hold our physical, mental and emotional pain within our bodies, where it slows energy, manifests as tension and can have a damaging impact upon our health. In his new book, Noah Karrasch shows that wellbeing and healing come from the detangling of blocked emotions and the restoration of the free flow of energy through the body.

### **Freeing Emotions and Energy Through Myofascial Release**

Emotions Have Energy. Thanks to the late great David Hawkins, MD, Ph.D., we have proof that emotions have measurable energy and can either foster or negate actual cell life. Dr. Hawkins's ...

### **Emotions Have Energy: What Energy Are You Sending?**

I talk a lot about being an energy reader and that we are all energy readers of others. But how can we read our own energy? The answer is emotions. Emotions, aka energy-in-motion, are part of our built-in energy reading system. They are the messengers for what is going on in our energetic anatomy.

### **Emotions as Energetic Messengers - Exploring the New Earth**

Understanding that emotions are energy implies that they are fluid, moving resources meant to be felt and released vs. suppressed and ignored. The latter is the true culprit of low emotional intelligence and stress burnout.

### **Emotions Are Energy : The bodymind connection and e-motion**

The Metaphysics of Emotions - emotional energy is real "Many people use meditation as a form of antidepressant to stay disassociated from their feelings. There are also many people who use wonderful tools like positive affirmations and positive visualization to discount and deny emotions.

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