

Emotions: The Tip of Potential

Emotion is Energy in Motion that always points to a greater potential that is asking to be realized. When felt, experienced or expressed, emotions are boosts of energy or turbo-charged events that we can leverage to springboard into or to launch potential, and *negative* emotions, rather than needing to be dealt with, felt, or avoided are acknowledged and approached for what they are: indicators of potential rising, which is ready to move into being.

Emotion = Flipside or Potential of it. Like a coin, both sides can not be seen/experienced at the same time, so it is a choice to stay with one side (ex: heads) or to flip it into the other (tails). The more in tune you are with the energy or consciousness of what you're experiencing, the more skilled you become at leveraging the rising potential.

Fear = Leadership

The call to step up and be the one for that which you are here to be and do the doo of it. It is a call into taking the lead on your purpose and bringing it to life.

Frustration = Next Level

It's time to quit playing small and step up to the bigger game.

There comes a time when it is more painful to stay in the bud, than it is to blossom.

Anais Nin

Hurt = Power

Feeling stupid, feelings hurt, victim→moving from powerless (3-D) to fully owning the value of your contribution that is valuable simply by virtue of your being; to stand as the power of all that is and that is needed in that moment to ensure the maximum potential of your contribution to the evolution of all beings everywhere, all-ways – to life itself.

Anger/Rage = Passion/Massive Passion

Anger is generally an expression of unexpressed or misunderstood passion. That which you are so deeply committed to having everyone understand the core importance of its value; recognizing and standing for it.

Despair/Sadness = Possibilities/Freedom/Welcome

Getting that at the very least the choice/option/possibility you have in any moment is how you choose to be with the thing/issue at hand→from there every/anything is possible; the walls open up and own choice and your ability to source create your reality. It is the opportunity to open space and welcome the next.

Sadness/Grief = Welcome/Fulfillment

It is the opportunity to open space and welcome the next. When you welcome the new it is easier to let go of the old.

Confusion = Certainty/Trust in your Knowing of True/Inquiry

This is the place where there is not too much, nor too little information, it is your ability to inquire about the potential and tune in to what True is for this moment, this issue, this opportunity to maximize the potential for the evolution of all beings everywhere, all-ways, and in every moment.

Anxiety/Nervousness = Urge to Move/ment

Energy that is moving and needs direction—from YOU! When it is engaged as anxiety, it counteracts the movement and creates paralysis.

Argument = Throws of Creation

Disappointment = Purpose

Humiliation = Embrace/Freedom

Guilt/Obligation = Freedom/Trust



Being the Edge of Coaching & Leadership
Going Beyond Personal – Into Evolutionary!

(written by Simone Peer and adapted from the work of Soleira Green)

ADELA RUBIO
NEWARK, NJ
732.771.7714

trainers@evolutionaryadventures.com

SIMONE PEER, PCC
CHICAGO, IL
773.384.5683