

IT IS OK TO  
FEEL AWFUL

*Awakening  
to Reality*

# Ride the Wave

## EMOTIONAL PAIN & DISCOMFORT ARE A VEHICLE

**Sadness is a VEHICLE to Happiness**

**Grief is a VEHICLE to Joy**

**Anger is the VEHICLE to Empowerment**

**Guilt is a VEHICLE to Connection**

**Shame is a VEHICLE to Worthiness**

**Envy is a VEHICLE to Meaningful Action**

**Emotional pain is a VEHICLE to Creativity**

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## NEW PERSPECTIVES

Don't shoot the driver ON THE WAY TO YOUR DESTINATION, or you will never get there

Once you do get to your destination, give your GRATITUDE & a big fat tip!

## REALITY CHECK

The more we project, repress, deny, & bypass emotional pain the less authentic we are and unable to experience the other side.

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## FEELING PAIN & DISCOMFORT

**SLOW** down, take time, rest, and be alone, or with safe others

Let whatever needs to come up in your **BODY &** your **AWARENESS** to come up to the surface

Be compassionate, **COMFORTING**, & soothing towards yourself

Be your own **IDEAL** mother, father, & best friend

Set the boundaries you **REALLY WANT** to set for time to **ALLOW** this

*Aglow Counseling*

**CLINICAL CONSULTATION  
FOR THERAPISTS & HEALERS**

**Help your clients get to their  
desired DESTINATIONS.**

**Being in reality is the way  
to HEALING.**

**LETTING GO of what is in the way**

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