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Kelly Armatage

Kelly Armatage; Healer, Coach, Speaker & Seminar Facilitator writes on how we have the power to increase or decrease our emotional state at any time.

Energy Ascendence

All of us have the tools, capacity and power to vibrate the highest emotional energy possible to go through our lives. Likewise, we have the mind muscle to vibrate at very low

emotional energy levels, which ensures that we remain blocked from truly going forward on our paths.

Do you remember when you last felt inspired, motivated and vibrant, whereby every cell in your body pulsed with positivity? During this uplifting energy, tasks that lie before us seem infinitely conquerable. The thing is we actually have the innate ability to feel like this 24 hours a day, if we choose to.

It transpires from the knowledge of how to get into this emotional state. Let's look at the example of a very low mood energy; depression. What does one have to do to get into a state of depression? Very simple really – just change their posture and decrease their thinking to thoughts of despair. By crunching our bodies inward, with our heads bowed and our shoulders slumped, perhaps even wringing our hands in distress produces an immediate physiological reaction of negative emotional energy. Combine this with a few thousand stressful thoughts over a period of time and we are well on the way to being diagnosed as depressed.

On the contrary, if we were to change our posture outwards ie head up, shoulders back, chin out, hands away from the body; we immediately feel a physiological reaction of relief. Add to this, rumination within the mind of the most empowering, positive and

uplifting thoughts possible, then we are en route to an elevation of emotional energy. The upshot of this is feelings of joy, happiness and if the method is implemented long enough, even bliss.

Try it now – change your posture to an inward one and check how you feel. Then do the opposite and amend your posture outwards and again, observe how you feel.



Then focus your thoughts on the visualisation of your perfect future, with specific details of living the life of your dreams. Within seconds, you will elevate your emotional energy. This is a simple technique on how we change our emotional state. So even if we were in a prison, we could feel inner contentment. Under any negative, external condition we have the power to feel good.

Yet, too many people 'enjoy' the familiarity of negative emotions. We find habitual consolation in the emotions of frustration, depression and despair. It is a comfort zone for some, with many psychological rewards of living in this way.

The opposite higher emotions of ease and satisfaction only felt fleetingly from external sources such as junk food, the purchase of material items, external validation and so on.

It is beneficial to analyse any subconscious pay-offs we may be getting from negative behaviours employed on a daily basis. Do you procrastinate, get depressed, over-eat, start conflict, have panic attacks or put others first? In all of these behaviours subconscious pay-offs exist, which will guarantee difficulty to break away from the habit.

A good therapist can assist to dismantle negative behaviours via the awareness and removal of subconscious rewards, as well as guiding us to the highest emotional energy available. When we are vibrating at a high energetic state; we are a pleasure to be around, our daily tasks and dream goals are easy to achieve and life is something that we flow through, rather than resist.

We have the aptitude to feel and pulsate the uppermost emotional energy possible for as long as we want to and bring heaven on earth into our life experience. For how long will you ascend to the garden of paradise that springs eternal within your mind and emotions today? ■

Kelly Armatage, Director of Kelly Armatage Inc. CR 78083. Counselling, Coaching, CBT, Corporate/ Personal Workshops, Meditation
Tel. +973 1700 2320
Mob: +973 3993 1399
Email: info@kellyarmatage.com
Website: www.kellyarmatage.com

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