

tend your emotional body

Emotions Affirmation

Take a deep breath.
Let these words wash over you.

My emotions are a gift.
I feel them as wide and deep as the ocean.
They allow me to feel my way through life.
They are an integral part of my aliveness.

My passion stems from my impressive emotional capacity.
I am dynamic and ever-changing.

I am emotionally present.

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school of
honey & fire