



Emotional Wellness Workbook

*A Lifestyle for
Emotional Wellbeing*

WRITTEN BY:
MASTER ASHEP

Kemetic Metaphysical Warrior Priest

Dedication

This Emotional Wellness Workbook is dedicated to Dr. Kristal C. Owens. Affectionately known as Day Wolf El, she is a certified parent & marriage trainer and licensed practitioner, a holder of doctorates in Pastoral Care and Counseling and Psychology. She is also the Chief Spiritual Officer for Empowerment Center, a place to center body, spirit, and mind.

We give thanks for your obedience and sacrifice of holding the space for Empowerment.

For holding the space for all lightworkers, starseeds, volunteers, etc. to grow into that in which why we chose to come to earth.

This workbook is but a small gift to humanity as a token of appreciation for our gratitude of just being allowed to be.

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Introduction

Around 1993, we began what we call our spiritual journey. As what some Christians may say, we rededicated our life to Christ.

At that time, all we wanted was to get our life right with God. We were raised in the church as a child and then rebelled against the church in our early adult years.

Then a thought came, our adult life would be easier if we returned to the church and create a relationship with God. Through our reading and studying the Bible, we found out that not all men died. Elijah and Enoch, two prophets in the Old Testament of the Bible, didn't die they just went with God, as scripture says.

In 1994, we became dedicated and committed to not dying, the same as stated in the New Testament that we may conquer death and the grave.

This process of not dying as mentioned in the Bible, what we call Ascension, lead to the creation of the B.O.L.T. [Breath of Life Training] Meditation Initiation System in 2014.

The B.O.L.T. Meditation Initiation System is a lifestyle of systematic application of all our intellectual information and personal experiences on personal growth and spiritual development.

This Emotional Wellness Workbook is brought forth from this system based on our own life's work and the responses and testimonies of those worked with over the years.

It may serve as a text book or reference manual for those who may wish to have better emotional stability and sustained peace in their lives. For others, it may serve as a foundation for their own journey of Ascension.

Some of this information may be familiar and make sense to you while some of it may be foreign or contradictory to your beliefs and experiences.

Nonetheless, our intent is to inspire and encourage a life of Emotional Wellness and Wellbeing by sharing our lifestyle and experiences.

What are Emotions & Their Purpose?

Simply put emotions are energies in motion. More specifically, they are our own personal energy or life force in motion.

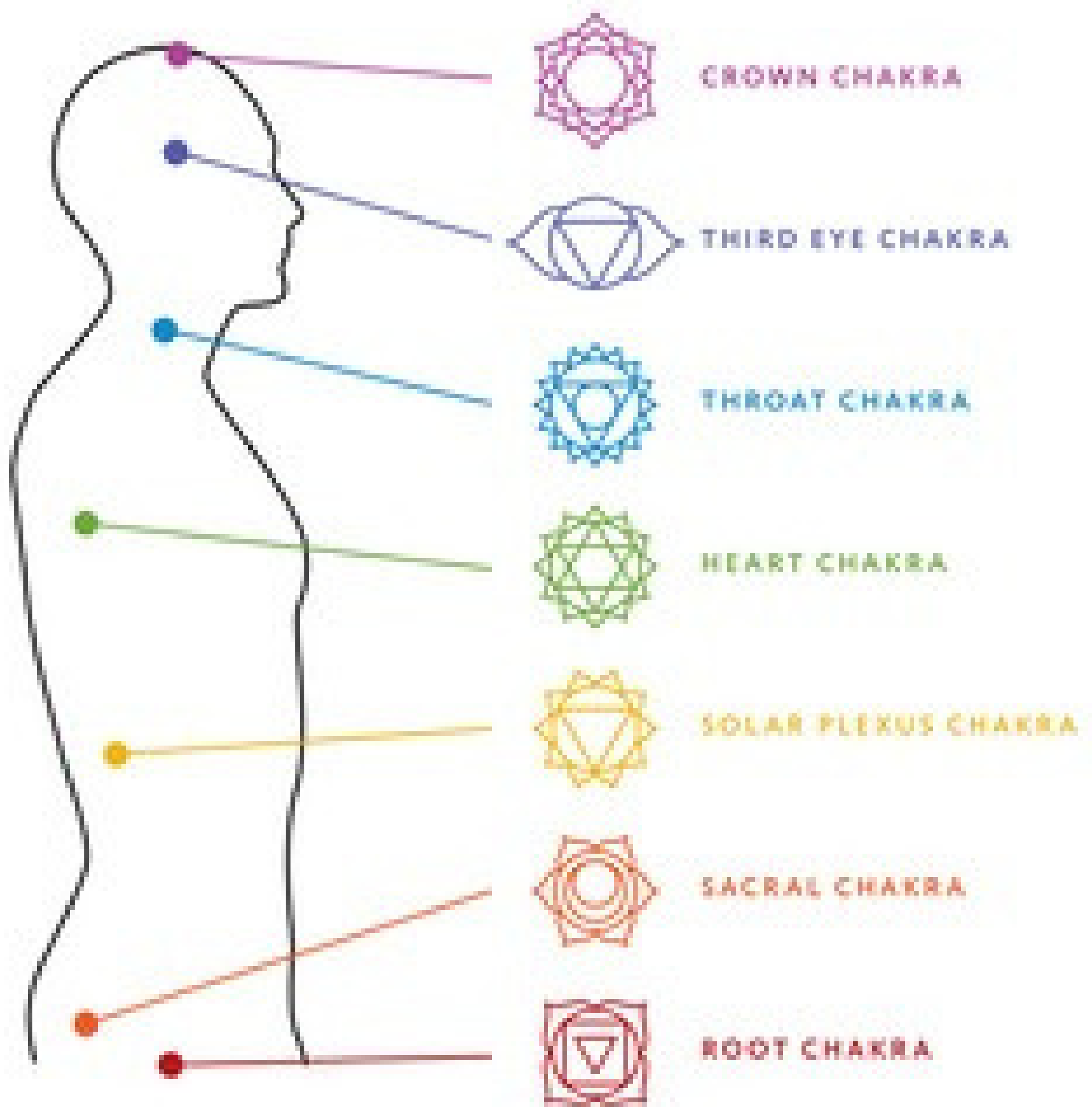
Life force is the name we're using to describe one of the many names for the energy of creation or the active aspect of GOD. Some other names of this energy is Chi, Ki, Prana, Holy Spirit, Breath of Life, Ra, etc.

From a more basic viewpoint, our emotions are the bridge between us (the individual person), and the manifested as well as un-manifested Universe (God). In other words, our emotions are our way of communicating and interacting (sending and receiving information) with God.

They inform us of our environment and surroundings as well as assist us with organizing the encompassing energies to manifest and create what it is we Will.

The Chakras Chart

Reference this chart as you flow through the information of this workbook.



How Do Our Emotions Work?

The two basic emotions we perceive are Love and Fear. Love manifests as Trust and Fear manifests as Doubt. Pure (non-programmed, unconditioned) universal life-force enters our body through our energy centers commonly called Chakras. When this energy enters our physical body it passes through the filter of our programming and conditioning. Our programming is external information that is input into our minds, and our conditioning is the acting out of this programming in our daily lives.

If the programming and conditioning of our energy / life force is that of our human nature or so-called ego, then it leaves our body in Fear and Doubt which is an energy that is lower in vibration from Love and Trust. The high vibration of Love and Trust leaves us feeling joyful, blissful, loving, safe, etc. while Fear and Doubt leaves us feeling afraid, angry, worried, sad, etc.

When our energy leaves our chakras in Fear and Doubt, this lower vibration also affects the organs and/or glands that is associated with that particular chakra.

This is how our perception of the world, based upon the inharmonious programming and conditioning of our lower nature, can greatly affect our health and well-being mentally, emotionally, and physically.

This effect has the potential to create chronic disease and pain within the physical body over time if, not dealt with.

What is Emotional Dis-Ease?

Emotional Dis-ease or imbalance comes when there is disharmony or a disagreement between our lower self and higher self, our so-called personality and soul. This happens when our human perceptions, based on incorrect programming, are held as Truth.

This programming is in direct opposition to our souls' / life's purpose and or intuition. This Emotional Dis-ease comes in the form of tension in the physical body, and over the course of time, this tension will stagnate the flow of our life force which may result in physical dis-eases.

Emotional Wellness is when our inner-chi (energy) is flowing harmoniously so that our emotions are balanced and harmonized to serve us as opposed to us serving emotions that are out of balance and harmony.

Our Energy System!

As it relates to Emotional Wellness, we will be looking at our chakras (the 7 major along the spine), our organs, our glands, and the emotions that they all correspond with.

Most of us are familiar with our organs and glands from western science and medicine. Our chakras are energy fields that man has yet to develop the tools to detect. However, the Indigenous People of Ancient Culture as well as Traditional Eastern Medicine has always known of this science.

Our first chakra, also called the root chakra is located at the base of the spine near the tailbone where we sit.

Our second chakra, also called the sacral chakra, is located about two inches below the navel along the spine.

Our third chakra, also called the solar plexus chakra, is located just below the indentation in the center of our rib cage.

The fourth chakra, also called the heart chakra, is located in the center of the chest or sternum.

Our fifth chakra, also called the throat chakra, is located at the base of the neck just above the indentation where our collar bones meet.

Our sixth chakra, called our brow chakra, is located in the center of the forehead just above the eyes and eyebrows.

Our 7th chakra, called the crown chakra, is located at the top of the head. This is the spot which we commonly call the soft spot on top of a baby's head, where the bones in our skull comes together.

Chakra Analysis

The five major low vibrational emotions that we commonly deal with, fear worry anger sadness, and grief, can be linked to a corresponding organ. Fear with the kidneys, worry with the spleen, anger with the liver, sadness with the heart, and grief with the lungs.

There is also a chakra correlation with the emotions and organs. The kidneys are associated with the root chakra, the spleen with the sacral, the liver with the solar plexus, the heart with the heart, and the lungs with the throat. The pineal and pituitary gland have a correlation with the brow and crown chakras.

Fear impacts us with stagnation. As we experience fear, we can become frozen in our actions and unwilling to make the necessary moves for our growth. They may be physical moves, such as having to go to or leave from some place, or they may be metaphysical moves such as creating and manifesting what it is that comes to us.

Worry affects us with anxiety. That uneasy feeling that something is going to happen, we can't do anything about it, and it will not be in our best interest.

Anger affects us with aggression. There tends to be a feeling of we must do something and we must do it right now; if not our world would not be right.

Sadness affect us with low energy. Not necessarily low physical energy but emotional energy. A feeling that something is not going the way we want or expect it to and there is nothing that we can do about it.

Grief is similar to sadness with the difference being grief is associated with a loss that we feel as though we cannot live without. It may be a physical lost as in a loved one or a metaphysical lost as in an experience.

Lack of insight deals with our inability to see the whole picture. In this world in which we have created, there is nothing more than the infinite possibilities of manifestation from this dual nature of universal energy / life force. For every thought, action, or deed, there is an equal and opposite thought, action, or deed.

Lack of connection deals with our inability to not only be aware through our intellect of the connection between all things in creation but, as well as to feel this connection within our being between all things.

Where to Begin!

So the question becomes how to cultivate or manifest Emotional Wellness or better yet how to have a lifestyle that is reflective of Emotional Wellness and Wellbeing.

That is what this course is all about. To provide tips tools and suggestions so that one may begin implementing lifestyle changes that will assume and guarantee Emotional Wellness and Wellbeing.

The first step to Emotional Wellness is for us to first understand who we are.

Most of us will agree that we are hue-man. Being born of a man and woman or hue-man beings, we embrace human qualities and characteristics as a hue-man being.

At the same time most of us also would agree that we are a child of God. Being a child of God also gives us God qualities and characteristics which also makes us a Divine Being, God or a Goddess.

This dual nature that we possess as a hue-man being is our human nature and our divine nature. We are an indivisible duality.

Our human nature can be looked at as our so-called ego. That part of our being that has likes and dislikes. It is the part of our being that is programmed and conditioned. It may get mad or feel uneasy or may not be at peace with things if it feels as though things are not going the way that it thinks that they should.

Our divine nature can be looked at as our so-called soul. That part of our being that always seeks justice, fairness, and willingness to serve.

If these two aspects of our being, our human nature and our divine nature, are not in agreement, just like any relationship, it may cause tension and stress. Being that this relationship is within our physical body, this tension and stress will potentially manifest within our physical body.

If we take the perspective that what happens on the inside will manifest on the outside or what's on the outside is a reflection of what's on the inside, then there is the potential for us to have stress and tension with our experiences, events and circumstances we find ourselves in.

The Road to Emotional Wellness & Wellbeing

Our journey towards Emotional Wellness begins with understanding this disharmony and looking at how we may bring harmony between our two natures.

If we begin our healing process with identifying with our divine nature, then it will greatly facilitate our healing. By identifying with our divine nature, we live from the perspective of nothing is against me and that all of my experiences are for my learning and or enjoyment.

If we have an enjoyable experience, then usually there is no tension or disharmony that we feel. On the other hand, if it is an experience where we feel tension or disharmony, any feeling other than peace or joy, then we may label that as a feeling of fear, worry, anger, sadness, or grief.

Our chakras are energy centers or wheels located on or near the spine beginning with the root chakra at the base of the spine, all the way to the top of the head with the crown chakra.

We may experience discomfort in an area where our chakras are located or where our corresponding organs or glands are located.

As we become aware of this disharmony or tension within our being in the form of emotional discomfort, we may also ask ourselves why am I feeling this way when my divine nature knows otherwise.

Also, as we find ourselves in this state of dis-ease or discomfort, most commonly called “being emotional”, we can bring our awareness to the feelings within the body to discover what area may be experiencing discomfort.

For short term relief, the simplest and easiest remedy is to breathe. When we say breathe, we are speaking of mindful breathing. We are always breathing for the most part, but when we become mindful of our breathing and begin taking deep, conscious breaths, this will begin to immediately bring us from an emotional state to a more peaceful state.

One reason this occurs is because there is a direct link between the rate at which we breathe and the activity of thinking we engage. Meaning whenever we are in a high emotional state, or when we are doing a lot of thinking, generally speaking, our breathing is fast and shallow.

When our breathing is slow and deep, such as in meditation or when we are resting or sleeping, then our thinking activity is usually less and our emotions generally more peaceful.

Once our breathing and our thinking has slowed as well as our emotions, we may find ourselves in a position to calmly and rationally talk to ourselves (higher self to the lower self) gaining clarity and insight as to the lesson to be learned.

For more long term relief from possibly chronic emotionalism, one may use the same process for immediate relief while beginning to pay more attention to the various sensations within the body as these emotional experiences take place.

As we begin to identify the area of the body that is being affected then we may begin to make subtle lifestyle changes that will assist in restoring peace harmony and balance to the physical body as we remind ourselves of the correct use of perception from our higher self..

Below is a quick reference chart to assist with understanding some possible causes as well as possible remedies for certain issues.

This is not an all exclusive list and other modalities and traditions may have varying correspondences and tools.

These are based on observations and experiences from the Author.

Emotion	Organ	Glands	Chakra	Indicator of Dis-Ease	Affirmation	Crystals
Fear	Kidneys	Reproductive (Testes/Ovaries)	Root/1st	<ul style="list-style-type: none"> Using phrases such as "I'm afraid of ___" Finding yourself storing/hoarding food/things Feeling as though you were not loved as a child 	<ul style="list-style-type: none"> As a child of God I am a Divine Being As a child of God growing to be a Man/Woman of God there is no lack and I always have what I need 	Red Jasper Hermatite All Black Stones
Worry	Spleen	Pancreas, Adrenals	Sacral/2nd	<ul style="list-style-type: none"> Using phrases such as "I'm worried that ___" Finding yourself addicted to pleasures such as sex, food, drugs, alcohol, emotions Finding yourself often daydreaming 	<ul style="list-style-type: none"> As a Divine Being living truth is my joy As a Divine Being I use my imagination to visualize my reality 	Orange Calcite, Carnelian
Anger	Liver	Adrenals	Solar Plexus/3rd	<ul style="list-style-type: none"> Using phrases such as "I'm mad about ___" Finding yourself becoming upset and wanting people and experiences to change Finding yourself not living your truth 	<ul style="list-style-type: none"> As a Divine Being I respect others use of their free will As a Divine Being I exert my will to cultivate my truth into a lifestyle 	Citrine, Tigers Eye
Sadness	Heart	Thymus	Heart/4th	<ul style="list-style-type: none"> Using phrases such as "It makes me sad that ___" Feeling sad about circumstances and events Feeling you need others to advise you on what choices you should make 	<ul style="list-style-type: none"> As a Divine Being my choices are based on Divine Law and not my emotions As a Divine Being my choices are based on the higher good for all 	Rose Quartz, Emerald, Chrysocolia
Grief	Lungs	Thyroid	Throat/3rd	<ul style="list-style-type: none"> Using phrases such as "I really miss ___" Finding yourself attached/holding onto past experiences/relationships Finding yourself unable to communicate as you wish 	<ul style="list-style-type: none"> As a Divine Being I speak my authentic truth As a Divine Being my thoughts are God's thoughts 	Blue Calcite, Amazonite
Lack Insight	Pineal	Pituitary	Brow/6th	<ul style="list-style-type: none"> Using phrases such as "I can't see how ___" Failing to see how you manifested the life you live 	<ul style="list-style-type: none"> As a Divine Being I understand there is a time and place for everything under the sun As a Divine Being I understand that for every thought, action, or deed, there is an equal and opposite thought, action, or deed 	Amethyst
Lack Connection	Pituitary	Pineal	Crown/7th	<ul style="list-style-type: none"> Using phrases such as "They are just evil and should not exist" Failing to understand that everything in creation is connected and interdependent 	<ul style="list-style-type: none"> As a Divine Being I understand that everything in creation is connected and interdependent As a Divine Being I understand that everything in creation comes from Source (Mother/Father God) therefore everything in creation are related either immediate or distant 	Clear Quartz