Expect Miracles Newsletter

Releasing Your Anger!​​​​​​​

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Insight Share:

A monk decided to meditate alone, away from his monastery. He took his boat out to the middle of the lake, moored it there, closed his eyes and began meditating. After a few hours of undisturbed silence, he suddenly felt the bump of another boat colliding with his own.

With his eyes still closed, he felt his anger rising, and by the time he opened his eyes, he was ready to scream at the boatman who had so carelessly disturbed his meditation. But when he opened his eyes, he was surprised to find that it was an empty boat that had struck his own. It had probably gotten untethered and floated to the middle of the lake.

At that moment, the monk had a great realization. He understood that the anger was within him; it merely needed the bump of an external object to provoke it out of him. From then on, whenever he came across someone who irritated him or provoked him to anger, he would remind himself, that the other person was merely an empty boat, the anger was within him.

Go Inside to discover...

Releasing Your Anger!

So your driving down the road and someone cuts you off and your reaction is to scream and yell or flip them the 'bird'. Maybe your boss is stressing out over that one mistake you made or that one piece of work that needs to be done and not appreciating all the positive things you have done. Perhaps its' your kids always seem to want something and the minute you ask for something in return, you get the typical 'whatever' response. Maybe someone really hurt you or your feelings with their actions or words.

So instead of understanding the anger or releasing it, you bury it deep, deep inside. It builds and builds and then you lash out as the only way you know how to protect yourself and hopeful to release those hurts feelings. However, doing it this way only hurts more and the cycle continues.

This cycle occurs in the moment of your anger when you feel a tremendous sense of power, passion, purpose and meaning because you wanted to do/have something and you were blocked from doing/having it. However, anger in the end of your rage or outburst actually leaves you feeling powerless.

So you see, anger showing up in your present moment only serves a purpose to release deeper issues, problems and internal conflicts from your pasts.

People typically think of emotions as good and bad and believe that anger is a negative or 'bad' emotion that you shouldn't have. That if you did feel angry, then you are not a nice nice person and that you can't be a spiritual person. It is simply an energy; a frequency of an emotion.

I believe that anger is a gift and shows up in your present moment for you to do something about the feelings that show up. So no emotion is negative unless you refuse to feel the feelings that present. That is the destructive part, when you ignore it, stuff it down or by simply block it. We are only required to acknowledge and feel our emotions and release them

Ultimately to release any emotion all you need to do is acknowledge it. For years, even decades you failed to do this and it shows up in your current moment just as a reminder ;)

How to release...

Step 1: When you experience some kind of emotional upset during your day I invite you to when possible to take a moment for yourself.

Step 2: Sit quietly without distraction and close your eyes.

Step 3: Bring your awareness to your body and simply notice any feelings or sensations. Just being aware of the sensations.

Step 4: Keep your awareness present in the moment of what you are feeling until it dissipates.

Step 5: Repeat with the next emotional experience.

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~ Ask Kris ~

A very common question I am asked almost daily:

Q. How does your healings/treatments work? And how does it differ from (...)?

A. Typically most people come to see me for one or more physical ailments. Well our physical body is just one level of our consciousness and many people are purely treating the physical body, such as, taking an analgesic for a headache. This solely works on the physical body and you are made of much much more. An energy healing such as mine works on the body on ALL its levels; mental, physical, and spiritual. The body absorbs energy and then is directed to where it is needed the most.

Energy healing is gentle, but powerful, providing an ailing body with much needed boost of energy which helps the body to recover and bring itself closer to a state of wholeness. ​​​​​​​

\*\*Holding onto anger is like drinking poison and expecting the other person to die.\*\* ~Buddha

Have a question? Email me at kris@krisbelfry.com and I may answer your question :)

Upcoming Events

Monday Night Energy Transmission

We will meet the 4th Monday of every month at 7-8PM

Next date: March 22nd

Are you of tired of always having something to clear?

A block needing to be removed?

Something needed to be cleansed?

Well a group Energy Transmission session is for you. It is a much different session than an in-person session. No longer looking for something to clear. It is a powerful yet affordable way to keep your energy flowing, empowering you to heal.

It combines the proven benefits of meditation with Kris’s healing powers to help supercharge you into higher frequencies. As your vibration rises, resistance peels away, empowering you to tap into your unlimited potential. Whether you are a beginner or a seasoned meditator, a Energy Transmission with Kris is unique to any you may have experienced in the past.

For your own comfort you may consider bringing a yoga mat, blanket, and pillow.

Seating is limited.

Please RSVP to save your spot :)