

Emotion Is Your Friend

✦ *Your Message Within* ✦

Emotion Is Your Friend invites you to stop seeing your feelings as something you need to overcome. Sometimes an emotion arrives and our instinct is to push it away. We distract ourselves, stay busy, tell ourselves we're overreacting or try to make the feeling disappear before we've really allowed ourselves to experience it. But emotions are part of being human. They move through us for a reason and when we give ourselves permission to feel them, we create space for them to be released.

This week is about becoming curious about your emotions rather than judging them. You don't have to understand everything immediately. You don't have to fix how you feel. You can simply notice what is there and allow it to move. Imagine yourself standing in deep water. A wave rises around you. You don't need to fight it. You can breathe, soften and let it pass. Your feelings are not your enemy. They are asking to be felt, heard and understood.

Sometimes the most healing thing we can do is stop fighting what we feel and allow it to move through us.

✦ *This Weeks Affirmation* ✦

"I am safe to feel. I honour my emotions and allow them to move through me with love."

A Visualization Exercise

Close your eyes and imagine yourself in the sea.
Bring to mind an emotion you're carrying and imagine it as a wave.
Allow it to rise, feel it, and let it pass.
You don't need to hold onto it or fight it.
Simply breathe and allow it to return to the sea.

Ask yourself: What am I ready to feel, release or allow? 

✦ *Time To Reflect...* ✦

This week rather than asking yourself how you can change what you're feeling, simply notice what is already there. Think about an emotion you've been carrying recently. You don't need to push it away.
You can feel it, breathe through it and allow it to pass.

Journal Prompts

This week I want you to journal on:

1. What emotion have I been trying not to feel lately?
2. What might this emotion be asking me to notice or understand?
3. Where do I feel this emotion in my body, and what happens when I allow myself to simply feel it?
4. What would it look like to be kinder and more compassionate towards myself right now?

Ways to work with the Emotion Is Your Friend card

Drink Mint Tea:

Make yourself a mint tea when you need space to express yourself.

Hold or Wear Aquamarine:

Use Aquamarine as a reminder to soften into your emotions rather than resist them. Hold it while journaling or during meditation and imagine yourself surrounded by calm, clear water.

Call in Archangel Chamuel:

Call on Chamuel when you need support with self-love & compassion.

A Tarot Spread

Take out your oracle cards, shuffle & ask the following:

Card 1: What emotion wants to be acknowledged?

Card 2: How can I support myself while moving through this emotion?

Card 3: What becomes possible when I allow myself to feel?

✦ Continue Your Journey ✦

Thank you for spending time with this week's message. 🌊

If something in this week's message resonated with you and you'd like to explore it a little further, here are a few ways you can continue your journey with Inner Wild Fire.

✦ Explore An Oracle Reading

If you'd like a message created specifically for you, my oracle readings offer a deeper personal experience with the cards, including your own reflective prompts and guidance.

[Explore My Oracle Readings ->](#)

✦ Collect Emotion Is Your Friend

Bring this week's message into your own space with the original Emotion Is Your Friend artwork or a fine art print.

[View The Artwork ->](#)

✦ Purchase My Oracle Deck

Explore the artwork right here in way more detail along with 44 other cards that also include messages, journal prompts and artwork.

[Get An Oracle Deck ->](#)

✦ Collect My Upcoming Traditional Tarot Deck

If you love exploring the cards through art, symbolism and storytelling, you can join me for the next chapter of the journey.

[Collect Tarot Artwork ->](#)



Support *The Message Within*

The Message Within is currently a donation-based offering while I explore where this project wants to grow. If this experience brought something meaningful into your week and you'd like to support me in creating more, you can contribute whatever feels right for you.

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One message at a time. 🌙