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Subject: Essential Pearl 79 – Emotions = Energy in Motion!

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# Essential Pearl

Weekly self\* tip

Issue 79  
Monday 2nd August, 2010

As **Emotions are Energy in Motion** and  
*Everything has a Positive Intention*  
Allow your negative emotions to run...  
Fear will move to **Excitement!**  
Anger will shift to **Peace!**  
Hate will be surpassed by **Love!**  
Embrace what is real for you right now  
Trust any **Emotion** you feel to move to its  
**Positive Intention for YOU!**


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*Tone Up - Your Mind, Body and Soul!*  
\*Self: Soul Essence Love Fulfillment

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