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## **Mad, sad, fatigued? Listen to your personal message system!**

**By Kay Wagner LMP  
Yoga and Pilates Instructor**

I burst into tears when my clutter buster/personal energy coach suggested I move some key business materials to a different part of my office. I had hired Pam to help me organize a very tough move. Now I was losing it, my face red as the tears escaped.

“You’re getting a message,” Pam said clearly. “Open your shoulders and breathe deeply.” With an effort I deepened my breathing.

Pam asked calmly, “Now what is your message?”

“This is the one place in my life that I don’t have to move,” I said through tears. “I am not moving these records, charts or my billing area.”

“Perfect,” Pam said. “Now let’s reward ourselves with a cup of tea.” Then Pam picked a simple task like cleaning one shelf so I wouldn’t be pushed over the edge!

Pam Owen is a Feng Shui Consultant and Life Coach. She helps clients find ways to increase energy, get organized and keep their lives in balance and harmony.

I trusted her to get me organized but what a surprise that I also learned this valuable technique for using feelings as a message.

Many of us have learned to identify what we are feeling, but then what? Pam looks at feelings as an ‘emotional guidance system.’

“Feelings are an ‘Early Warning Detection System’ that something’s wrong. If we don’t stop to pay attention and figure out what’s going wrong it’s only going to get worse,” Pam says.

If you are willing to look within, feelings can be your personal messenger service. Pam suggests that you “Choose to recognize the message as a positive thing. Stop and look. Are you mad, sad, frustrated, vulnerable, fatigued, embarrassed or confused? Name the feeling. Give it a word.

“Then ask yourself what need is not being met?” We all have Universal needs including physical well being, peace, harmony, beauty, communion, honesty, nurturing, and play. We also need meaning. Meaning can be challenges, creativity, learning, or self expression. The need for autonomy and making choices is also Universal.

When one of these needs is not being met, check in with your Detection System. “What do I need to do to get those needs met? If you need challenge, learning or creativity, sign up for a class.”

A few days after my meeting with Pam I was again feeling overwhelmed. I asked myself, ‘What’s my message?’ ‘I need help,’ came the answer. One phone call to a friend and I had support and problem solving to help me survive the next step of my move.

The next time I felt angry I realized I needed to set a clear boundary with a business associate. A simple conversation resolved the problem and the anger was gone. I was amazed at how effective this new process was. It cleared my head and freed my energy to accomplish my goals.

When you make the change or complete the task give yourself a pat on the back! Identify your reward at

the beginning. Make the reward equal to the job. If you are cleaning a closet, reward yourself with a latte. If you are cleaning your basement maybe a trip to the spa or a day trip to La Conner fits to celebrate the accomplishment.

The next time you burst into tears or lose your temper take advantage of your Early Warning Detection System and everything will come into focus.

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## **Stressed? Headaches? Insomnia?**

**Kay Wagner LMP has a special talent for helping people relax and improve their health. Kay offers "R &R" private sessions, coaching breathing, stretching and relaxation. She is a Licensed Massage Therapist and Certified Yoga and Pilates instructor. Learn to relax and rejuvenate in Kay's studio overlooking the mountains and water at 828 2<sup>nd</sup> St. Mukilteo WA 98275.**

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