

KORNELIA STEPHANIE

Compassion, Honoring, & Deeper Love for Self



Hi Friends,

I am getting settled in my new home. Trees and birds surround me. I feel like I am in a treehouse. Yesterday a dear friend stopped by and blessed me with this beautiful white orchid. I found the perfect spot for her. The purity of this flower is the purity of my soul. I feel so blessed.

I am sending you these blessings also. May whatever is going good in your life, multiply in abundance, and may all the challenges be transformed into gifts that will make you happier.

May we cherish each moment we have with each other. Better yet, may we walk the talk and show each other the love we feel for one another through our taking the time to water our flowers and nurture our souls. Love to you, beloveds.



The Great Evolutionary Purge... is and has been offering us an opportunity to experience a deeper love of self, and to feel more compassion, more honoring, and more listening. This is a time to be more gentle with yourself in making peace with the past. Old childhood wounds and issues need healing, need space, time and compassion.

The Physical Body.

“The body carries memories of every world we have ever been through. These memory strings or beads bind us to the Earth. We feel pinned to the spot, responsible for everything that happens around us - somehow the one in charge. For we are carrying the continuous memory and legacy of the ancient mystery streams and of forgotten modes of knowledge. We bear the treasures intact. It makes everything count. It means that we cannot get away from ourselves or our fate for a moment; we are compelled to fulfil our vows and to bring into this world the towering awareness and strange resonance of the giants, of the ancestors, of the great ones, of the inner ways. Never lost; impossible to forget.”

From Inside Degrees "Elias Lonsdale".

Did you know that one of the greatest healing modalities is emotional processing? That is how I healed myself and have also helped many others to heal. I started healing my body in 2009 when I began the deep work of processing my long-suppressed emotions.

You, too, can accomplish this processing inquiry with anything that is causing you to experience emotional and/or mental or physical discomfort. This process gets you out of your head and enables you to establish dialog with yourself. It moves you into communication with yourself, which is what we want.

What about your feelings? Do you feel your feelings?

Will you take the time to feel (which enables you to heal) the various obstacles that often reside on the other side, along with your sadness? And the many other things that may have become so heavy that you can just no longer bear the load?

How do you feel?

It amazes me to think of just how many people do not even ask themselves this question daily, or do not do this as a ritual. This is a moment-to-moment energy tool to help guide you into feeling better.

How do you feel?

The most important thing is that you feel good. If you are not feeling good, then there is something inside of you that needs to be felt, and then acknowledged. Once we bring our voices in to address how we feel, we have then exposed the energy of those feelings. We are now able to change these behaviors and or communicate what we need more of.

Sometimes we just need to witness the energy of the feelings, whatever they are. Many times when we are purging, we may not be able to identify right away just what it is that we are feeling sad about. This may be something from a past life coming up, or the sensing of a collective sadness that you are feeling.

We do know that sometimes we need to cry. We also need time to ourselves.

What needs to get out? What do you need to do?

Will you take the time to witness for yourself all of the pain that is there to be released from the past, so that you can be free?

So that you can finally feel good about yourself and reprogram your life?

On the other side of embracing the darkness is feeling lighter, feeling freer, feeling better. Grieving is a powerful healing tool. No need to rush, take your time to feel your way forward.

Good feelings matched with good thoughts = Happy Bodies. = Happy Live.

Thank you for embracing the darkness. Thank you for embracing the light. Thank you for being born.

My Gift to You...

I have two techniques that will help you learn how to "feel to heal".

Emotional Processing Technique

<http://korneliastephanie.com/wp-content/uploads/2017/02/KorneliasEmotionalProcessingTechnique.pdf>

Anger Management

<https://korneliastephanie.com/wp-content/uploads/2018/06/Anger-Management-101.pdf>

“This is a journey to understanding how deeply enmeshed we are in the web of life on this planet. A journey to step into our own power and take back our ancient role as its guardians and protectors. The Heroine’s Journey we need to make today is, above all, an Eco-Heroine’s Journey.” Sharon Blackie

*Harmoniously yours,
Kornelia*

Entrepreneur Spotlight

The Art of Loving Presence with Dennis Gaither

Tune and discover what it means to have a loving presence practice and how this practice changes your life and the life of those around you.

“Nothing else matters half so much,
To reassure one another,
To answer each other. Everyone has inside himself, -what shall I call it? A piece of good news.” ~Ugo Betti

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How do you change the conversation from money to vision? With Joan Sharp and Special Guest Cindy Arledge

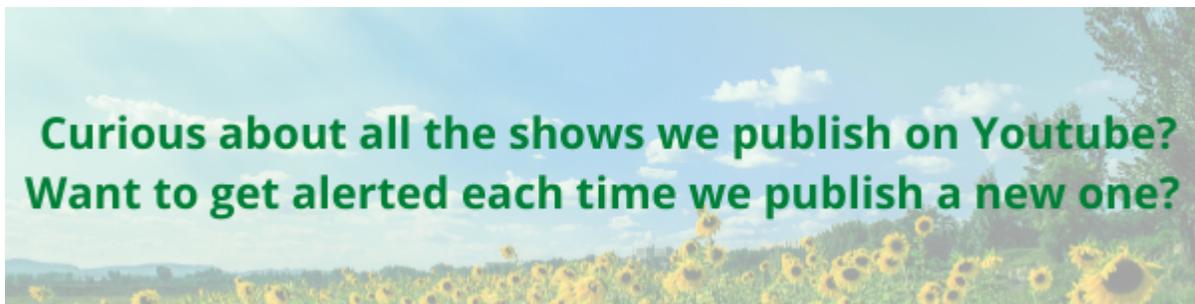
How do you change the conversation from money to vision? Hear from our guest whose family conversation was about money. When her parents passed she

knew there was a better way to be a family, she changed the conversation in her family from money to vision.



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