



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Befriend Emotional Clutter to Bloom

By Creative Katrina

It's so easy to see negative emotions as the enemy.

They can overwhelm us, make us feel uneasy, powerless, angry, fearful and more, lurking in the corners of our self-esteem and joy. The way they throw off our balance, focus and goals can lead us to avoid feeling the depth of their power, while also keeping us from connecting with our greatest strengths.

Yet, to walk a balanced path requires us to see the light and dark within ourselves, and be willing to dig deeper when emotional clutter starts to squeeze, clamp down and seep into the way we see the world.

Looking within to connect with deep emotions and hurts was not even a concept I thought about until my early 30s. I had always let my mind lead the way and push push push. Of course I had personal hurts, breakups and disappointments just like anyone else, but I never took time to look beyond the surface level of WHY I was hurting beyond the obvious. I just cried for a few days, pointed fingers, pushed harder and did my best to work around any physical discomforts.

As an unaware empath to boot, I had unknowingly moved through life collecting other people's drama and emotions, but didn't understand how to feel and release my own or surrender to their flow. Without another empath or family member to model self-care and emotional processing, I had become very imbalanced. My ability to understand and meet the needs of others was great, but when it came to taking care of my own emotional state, it was if I was a baby all over again, learning to walk.

My 30s was a big an awakening to just how much I ignored the power and value of my negative emotions simply because I didn't want to feel bad. Being so sensitive to the emotional states of others had put me at my negativity limit, and I was afraid of what might come out if I willingly connected with what I saw as my own darkness or shadow.

I've spent the last decade on a personal journey to connect with, rediscover, release, grieve and feel my emotions in order to create in a new way. In fact, my personal experiences are what led me to start my business, Creative Katrina, to help others discover their own voice underneath emotional baggage, fears and shadows and create from a space of true awareness and clarity.

So much of what we have the potential to experience and create in life depends on our ability to let go of what's already in our hands and hearts. Once we are able to appreciate and honor what we see as negative emotions, and release attachment to the unnecessary things that keep us full, we can feel into the depths of our soul and make room for healthy, positive uplifting energy to come through. And that is when we truly come into full bloom.

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