

**Go Ahead!!!  
Cry!!!**



*An Important Message Shared with ALL  
From Carolyn at Empowerment Starts Here.com*

## **Go Ahead!!! CRY!!!**

**When was the last time you had a GOOD cry?** Not one of those almost cries that you stuff back down to join all the other almost cries you have had over the long haul. I am talking about a cry you let loose and allow to literally flow until the last drop.

**What is stopping you?** Is it the fact that you feel the urge at the most inopportune times?

The first weeks after my Mom died I would feel the urge to cry on the way to work. I prayed for the strength to make it through the work day, promising to continue this cry as soon as I was home and did. Like **Deborah from Everyone Loves Raymond** you sometimes need to book time to be alone and cry.

**Do you see crying as a sign of weakness?** In my experience, a woman may seem vulnerable by coming to tears in the first few minutes of handling conflict then look out! Whether she stands firm or leaves the room until she has recovered she will become a stronger, clear thinking woman with the exact words or action necessary to get her thoughts across or needs met. It can even give her the strength necessary to leave an unhealthy relationship, workplace or situation.

**I often hear the words, “I’m afraid I won’t stop if I start.”** Tears are water so it stands to reason that when you hold them back pressure is built up. Therefore when you haven’t released held back tears for years it can feel scary when it comes out in a huge gush that seems intense and uncontrollable. This is generally a short term experience.

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What tends to prolong the cry is the learned behaviour of constantly trying to control it by scrunching our eyes up tighter and trying to control it. In my experience, this is what causes us to look all puffy and red nosed after a good cry.

**A wonderful exercise in learning to allow your tears with ease is to look in a mirror to truly observe the experience.** This is incredibly freeing when done without self-criticism. **Remember that you are observing the experience, not the person (you) doing it.** The more you relax into the moment, the lighter you will feel. The puffiness will be minimal if at all. Whenever I have allowed my tears to flow freely I have actually been told how much better I look just minutes after. All the strain has gone out of my face.

In time you may even be able to recognize the difference between old tears that practically jump or burst out of your eyes and new tears that gently flow down your cheek and sometimes come when we are actually feeling love. These are what I call **God Moment tears**. The latter being when you feel an incredible connection to something or someone and the love and/or gratitude you feel is simply overwhelming.

**I love God Moments!!!**

**Crying is just another way of eliminating (emotional) poisons and toxins from your body.** It is as natural and important as eliminating our physical debris. Just as being constipated for long periods can cause you to gain weight and become ill so can plugging the natural flow of heartfelt tears.

**By creating this void you make space for more happiness & joy.**

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**Your Talents**, Family as well as How **You** Are Presenting or Being Perceived  
by Others at from Moment to Moment ....*

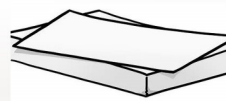
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The **BUTTERFLY** Heartwork  
Represents Your Life  
& Transformations  
Reflected at this Moment

Recognizing this, what do you see  
when you appreciate your butterfly heartwork?

INSPIRATION - COMES  
FROM OUTSIDE OF SELF  
ASPIRATION COMES  
FROM INSIDE OF SELF



Your **BALLOON** Heartwork  
Represents  
Your Ideas, Ideals, Dreams,  
Inspirations And/Or Aspirations.  
At This Very Moment...

Recognizing this, what do you see  
when you appreciate your balloon heartwork?



Your **TREE** Heartwork  
Represents  
**YOU**  
At This Very Moment...

Recognizing this, what do you see  
when you appreciate your tree heartwork?



Your **PUPPET** Heartwork  
Represents  
How May Be or Feel **YOU** are Being  
Perceived or Treated by Others  
At This Very Moment...

Recognizing this, what do you see  
when you appreciate your puppet heartwork?



Your **FLOWER** Heartwork  
Represents YOUR  
Talents, Creative & Work  
Projects Or Family Members  
At This Very Moment...

Recognizing this, what do you see  
when you appreciate your flower heartwork?

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Your **MASK** Heartwork Represents  
The **FACE YOU PROJECT** / Would  
Like to **PROJECT** to the World  
or to the People in a Situation  
At This Very Moment...

Recognizing this, what do you see  
when you appreciate your mask heartwork?

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