



Introduction

By

Professor: Indigo

Emotions 101

Created by Michelle Gordon

EARTH ANGEL TRAINING ACADEMY

Thank you for joining us at the Earth Angel Training Academy!

Being an Earth Angel on Earth at this time can be difficult, and if you haven't connected with other Earth Angels, or you're not sure what your mission is, or you're very sensitive, it can feel very overwhelming and lonely.

These classes are based on the classes in the novel, *The Earth Angel Training Academy* by Michelle Gordon and have been created to provide tools to deal with the overwhelm, and with daily life as a human being on Earth.

The Earth Angel Series are books that Michelle has written about Angels, Faeries, Merpeople and Starpeople who go to a Training Academy on the other side to learn how to become human. Then one by one, they're called to Earth and incarnate into human bodies. The first book in the series is *The Earth Angel Training Academy*, then there's *The Earth Angel Awakening*, *The Other Side*, *The Twin Flame Reunion*, *The Twin Flame Retreat* and *The Twin Flame Resurrection*.

The first book was mostly channelled, and Michelle wrote it in just two months. The rest of the books in the series so far are a mixture of channelling and Michelle's own life experiences woven together.

The books have helped many people around the world to recognise that they are Earth Angels, and to realise that they are here on Earth to help with the spiritual awakening that is currently taking place. Michelle wrote them as fiction instead of non-fiction, because sometimes it's easier to take information in when it's in story-form, as our defensive barriers aren't up. We just read and enjoy the story, and often get deeper meanings and messages from it.

In the first book, as part of their training, the students take lots of different classes on different human topics - Communication, Death, Emotions, Free Will, Manifestation etcetera.

Though Earth Angels received this training before coming to Earth, when they were born into a human body, their slate was wiped clean, and they forgot much of it. Which is why many Earth Angels often have a feeling of not belonging on Earth, of feeling out of place, of wanting to go home, but often they don't understand why.

Once Earth Angels on Earth know who they really are and where they have really come from, being human becomes a little easier. Then, it's a matter of remembering and then using the right tools for them to thrive in their human existence.

The classes will mention the characters from the books in the Earth Angel series, and the situations or events, so although it's not required reading for the course, if you would like to understand who they are and their stories in more detail, then you can get the whole series on [Amazon, in paperback or for your Kindle.](#)

The main point of these classes is to have fun, remember who you are, and to ultimately begin to feel more at home on this planet. Above all, we want for you to realise that you are not alone, and that we're all in this together!

THE CLASSES

These classes were created to assist Earth Angels who may be finding it difficult to be on Earth at this present time of energetic shifts and spiritual growth.

When Earth Angels know their true origins, understand why they are here, and discover their purpose for this life, they can really shine, and enjoy their life, enjoy being human, and enjoy connecting with others on the same path.

These classes are a way to begin that process of discovery and learn useful tools and concepts that make being human a little bit easier.

Each class will include material to read about the topic, activities and exercises to complete, and a guided meditation. Some of the activities will require you to use your new knowledge in the real world, and integrate it into your life, which helps for it to make a real difference, rather than it just remaining as text on your computer and having little impact.

You can take the classes in any order, and the topics are:

Remembering 101

Communication 101

Emotions 101

Awakening 101

Death 101

Manifestation 101

Free Will 101

You can pick and choose which ones you do, or do them all, it's entirely up to you! If you do complete all of them, you will have the option of a graduation certificate, to show that you have completed your studies at the Earth Angel Training Academy - again!

EMOTIONS 101

The intention for this class, is to help you to release emotions which may be trapped inside your body or aura, as they may be having a detrimental effect on your health and well-being.

Every time we experience lower-vibrational emotions, if we do not express them, and therefore release them, they can become lodged in the cells in our bodies, or in the energy of our aura. After all, emotions are made of energy, and are a tangible entity.

Once the emotions become trapped, they will either wait until enough lower-vibrational emotions have accumulated and then they will burst out in a fit of anger, frustration, or even violence, or, they will lower the vibration of the cells in your body and they will cause illness and disease.

Often, we may experience an emotion, not express it, and then forget all about it. But that doesn't mean it won't cause issues further down the line. Emotions can even be trapped within us from past lives. and they can be inherited genealogically.

Earth Angels don't tend to take good enough care of their bodies, believing their mission to be more important than the upkeep of our physical vessel. But it's so very important to take the time to do these things, to cleanse and to clear, in order to be able to continue helping others.

This class is a very basic introduction to releasing detrimental emotions from your body. In the recommended reading section is a list of books you can

read to get a more in depth idea of how the concept works, and other methods of clearing yourself. If you have experienced particularly traumatic events in your life, you may find that it's better to do these exercises with a partner, or to seek the help of a qualified practitioner in this area, who can facilitate the process.

Going through this clearing process can bring up strong feelings and emotions, don't be afraid to cry while going through the process, it is part of the release. You may also go through something of a healing crisis, as your body and energy adjusts to the emotions being released, and you may need to do the clearing process over the course of several days to a week. Listen to your body and don't try to do it all at once.

This class is not intended to be taken as medical advice, please consult a medical professional if you need to. If you follow the instructions in this class, you do so at your own risk.

