

## ABC Guide to Feeling Emotion

This is a 7-day, step by step guide to help you -especially if you don't even know where to start- learn how to feel your emotions. It offers a crawl, then walk, before-you-can-run easeful and fascinating adventure to get you out of any conditioned pattern of emotional repression, and into a more ready place.

During the week, you'll be exploring the distinct differences between your mind and your body- between thoughts and emotions. You'll do this as a way to:

1. become more intimate with your body
2. learn how emotions speak to you (without having to engage in the game of Shift anymore, but instead in your everyday life.)

This guide is important for one big reason: most of us live completely in our minds and thus have very little access to our body or its varied emotions.

This disconnect from the physical body where emotions live, often occurs due to some form of trauma. This trauma could be a physical trauma- maybe from a car accident that resulted in a terrible injury, or it could be from physical abuse suffered in the hands of a family member or a stranger.

Disconnect between the mind and body can also occur from emotional shaming. Maybe you were made fun of at school for crying, or maybe you grew up being told by your parents that there's nothing to be afraid of, or don't be sad, or that anger is not ok. We will discuss emotional shaming more in a little bit.

The disconnect between your mind and body is typically a survival mechanism. Since emotions live in the body and not the brain, if you can't feel, you can't be hurt- right? Your mind basically takes over, so that you don't have to feel your emotions. This is how your many employees- like the Storyteller, Beliefs, the Judge or the Thinking Mind- subconsciously try to protect you.

The challenge here is that reconnecting to your body, well, it doesn't happen all by itself. It takes conscious action to teach the Mind, the Body, you, the Controller, Storyteller, Thinking Mind and all the others that it's safe to feel emotions again.

This is the ABC guide to starting that process. It'll be a step by step, daily adventure that should prove to be very fascinating, and help you launch a new approach to life includes being more in tune with your body, and feeling your emotions in a lovely and authentic way.

## Level One - Day One:

For today's conscious action, you'll want to do the following 3 times today, for about ten minutes each time. You'll need a journal and an ice cube each time you do this.

### Your Practice:

1. Make sure you're in a **safe environment**. This means that no one (including you) is going to hurt you verbally or physically as you explore the following steps.
2. While seated in a chair or on the floor, **take a few deep breaths into your belly** allowing your belly to expand with your in-breath. This will keep you conscious and aware of your body.
3. While continuing to breathe, place an ice cube on your arm. **Notice the feeling, the sensation on your skin**. What does it feel like? Play around with pulling the ice cube off and putting it back on for different amounts of time. Take note of your awareness as you'll **write it down for later observation**.

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