

# Feeling a Feeling

**1st step:** Find the location of sensations in the body, calibrate intensity X/10

**2nd step:** Allow overwhelming feelings (>5/10) to float out body, clean out what's not yours

**3rd step:** Breathe into sensations, regulate, consciously ground & generate safety in your nervous system (resourcing)

**4th Step:** Scan the inner body for the strongest, most salient sensations, breathe & attend to them

**5th Step:** Lovingly interview sensations for wisdom/ breakthrough insight/ action

*"What are you trying to show me/ teach me?" Listen to the center of the silence inside the leftover sensations for an empowering message*

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Feeling Gym (1 client, 1 coach, 1 witness who times 14mins)

Help your client differentiate between "actual feelings" (physical sensations in their body) and "story-about-feelings".

This is always our compulsive move: to explain why we feel this and to justify our feelings, give reasons, or shame, blame ourselves or others...this is NOT feeling-a-feeling, this is how we dodge a feeling by disassociating from our sensations in our body and going into analytic cognitive narratives in our mind as an escape from scary body sensations.

It can feel like death for our inner child to breathe into actual sensations/ feelings, but know that grownups never actually die from this, we heal from this.

Coach to client:

1. **Coach to the client:** "Think about an issue you really want to be shifted in your life, ideally something <6/10?"

The client's job is NOT to tell the coach anything about their story/ issue at all. Only to track their own inner feelings they have about the issue, silently.



Client & coachwork to focus on inner sensations, NOT outer story/ explanation/ context. We're trying to do 'magic coaching' w/o any story whatsoever.

2. **Inner Scan:** Tell the client: "Close your eyes and scan inside. As you think about this issue, what internal body sensations are present?"

"Where in your body are the most intense sensations? Describe color, texture, descriptive metaphors?"

3. **Release:** Ask the client to "Imagine that feeling floating out of your body and taking up space outside of you, expanding to fill the room outside of your body..."

That's all the energy that wasn't theirs and needs to go back to the original owners. You can also give the client permission for that energy/feeling/ expectation/ obligation/ shame to float out through a door or window up to the sky and return to its owner (no need to know whose it is).

Then invite the client to fill their body with their own light, energy, or favorite color. Have their lifeforce fill in the leftover gaps left inside of them

4. **Honor & Interview:** Calibrate client sensations now x/10

Ask the client to: "Send reverential curiosity to that specific area of your body where you feel any leftover sensations "

Have them relate to that area of their body as if the sensations represent a loving guru or zen master, and ask: "What are you trying to show me, What are you trying to teach me, I'm listening"

....see if any profound words, simple message, visual image, or epiphany arise (body wisdom will always sound loving and clairvoyant). This message is the client's next most important growth step to practice for success in all areas of their life, help them integrate the message.



If no message arises, have the client continue to be with, honor, and attend to the sensations in their body so it gets the attention it needs. This alone is VERY healing & will reduce the sensation of tension.

