

How to Feel a Feeling

Surgery is used to go deep inside our body to solve a physical issue holding health back... gets worse (in the middle of surgery) to get better

We must prep the body for surgery: clean/ aseptic wash/hygienic before entry

Similarly, we must prep our body before feeling a feeling

First, we must clean out all feeling/ energy that isn't ours (mom/ dad/ partner)

Often we're enmeshed with/ others: their ideas/expectations/ beliefs/ needs are in our space

We can't process feelings that aren't ours...prescription glasses or prescription meds, not made for OUR body, that's why we get overwhelmed, can't cope, we're carrying someone else's accidentally picked up luggage, release, let go!

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

2nd Step: Allow overwhelming feelings (>5/10) to float out of your 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