

PRACTICE:

Explore Emotion

Do your emotions come in gently? Abruptly? Surprisingly? Overwhelmingly? Aggressively? How would you describe it?

Do you feel safe to feel emotion? If that answer is no, could you be curious to explore what would create safety for you? To a stranger, a friend, a journal, to the earth, to the universe to hold?

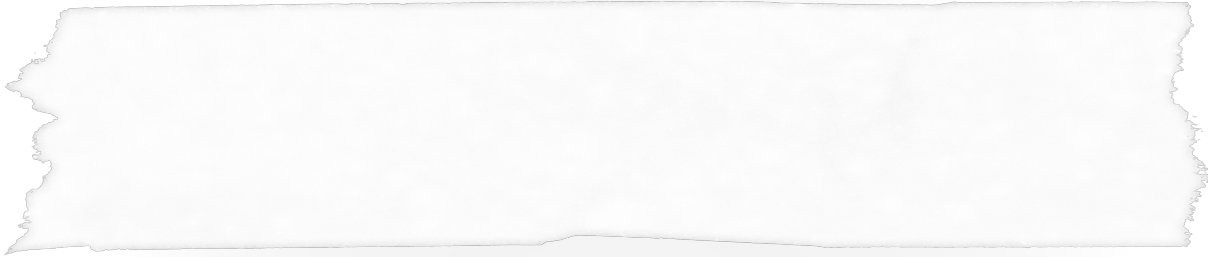
Can you take that emotion that seems too big and scary to feel out of your body and allow it to be in the same room with you but not touching you? What about touching you but with someone you trust next to you or in the next room with a door between you? What would feel mandatory for you to have in place to make it possible to create a relationship with this emotion?

*And, as a reminder, you don't have to do any of this.
None of it is required for your healing because, although it may
feel impossible to believe or see, you are whole.

Do you want to continue? If yes:

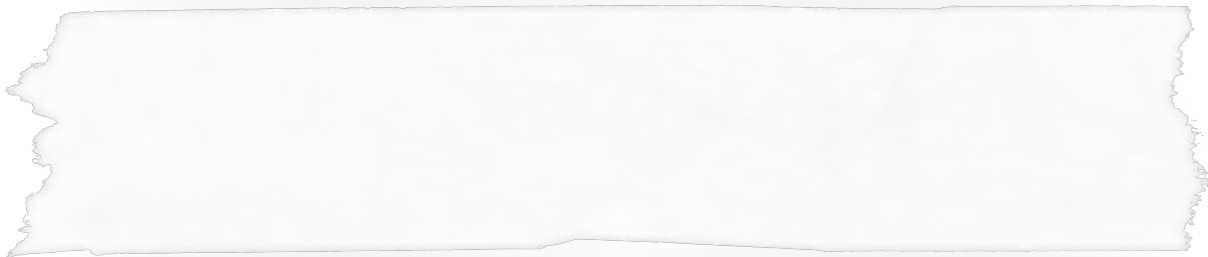
Can you invite that emotion a little bit closer? Can you invite your body to experience that group of physical sensations that we call an emotion? Where do you feel it in your body?

What does it feel like? Is it getting bigger or smaller? Does it have a color or shape?

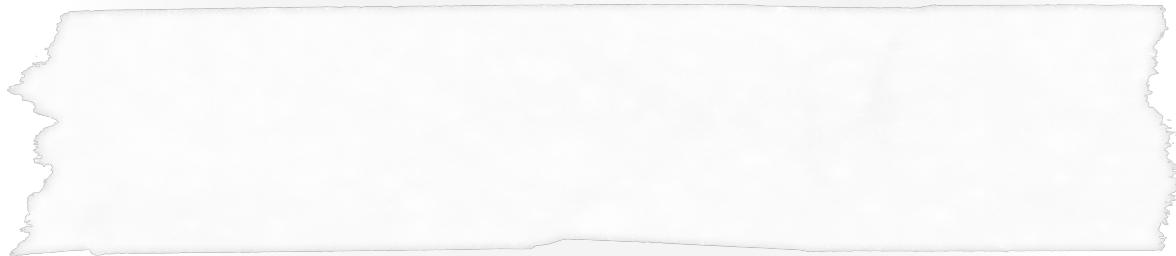


Does it take over your whole body when you feel it? What's the relationship to your breathe when you feel it?

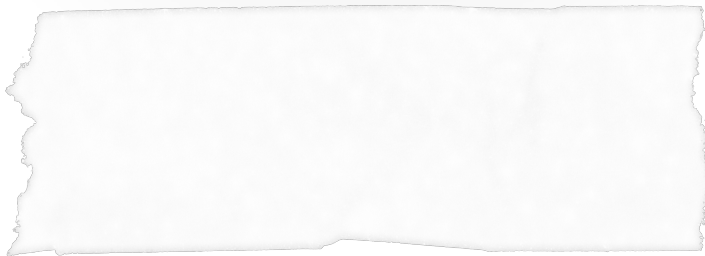
Can you breathe?



Can you name it?



You're doing really well, and you are not alone. This is not easy. It also does not end here. Can you give your emotion space to expand?



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