

How to listen to the healing messages of your emotions:

Often we don't take the time to listen to our emotions – especially if they are perceived as “negative.” We avoid feeling them, because they appear too random, irrational and at times even overwhelming and utterly uncontrollable. However, we need emotions, negative or positive ones, for guidance and to bring meaning to our lives. They provide us with important information about our likes and dislikes, our strengths and weaknesses, and the value of our actions and choices. Every day, emotions have a significantly larger impact on the choices we make and how we experience our world than facts and reasoning. Isn't it true that the moments we remember and learn from the most are those we associate with the strongest feelings?

By ignoring or avoiding emotions, we don't only miss out on the opportunity to learn and grow from them, but we also run the risk of having anger, sadness, anxiety or shame accumulate and pile up in our subconscious mind. Such emotional baggage can weigh us down, drain our energy and make us more susceptible to experience those feelings we tried to tune out. We rage in a traffic jam, cry at a hallmark commercial, jump when a fork drops or freeze when asked a question.

The following 3 step exercise allows you to consciously connect to your emotions, begin to understand and address their deeper meaning - and by doing so release them from their subconscious storage.

Step 1. Establishing an emotional baseline

Find a quiet place to relax for 10 minutes; lie down and may be listen to soothing music. Place your attention onto your body and imagine that you are inhaling energy and light – and then while you are exhaling that this light expands inside of you. Begin with filling the toes of the left foot with this light energy, moving slowly up the foot and leg. When you have filled the entire left leg with your breath, all the way to your pelvis, repeat the process down the right leg. Then go back to your pelvis and move up through the torso, the lower back, abdomen, across the upper back and into your chest and shoulders. Next, breathe light energy into the fingers of your left hand and move up your left arm until you reach the shoulders. Repeat the same process for your right arm. Move through the throat and neck, all parts of the face and finish at the top of your head. Connect this way also to your heart, lungs, and digestive

system. Do not be content to stay on the surface of the body but breathe into each region. Breathe into your entire body, embracing each part, internal and external, with this harmonizing breath.

Step 2. Identifying the emotions

Now, still lying on your back, ask yourself “How do I feel in this moment?” Do you feel calm, relaxed, at ease? And how does your body respond to this question? This state of being can serve as your baseline, while you continue with your exploration.

Next, in your mind walk through the last few days or weeks and revisit different areas and situations in your life. As soon as you notice that an event or person carries an emotional charge for you, ask yourself “How do I feel about this situation or person?” or “How do I feel about myself in regard to this situation or person?” If you don’t immediately recognize the emotions, notice whether the sensations in your body are changing. May be your shoulders or your abdomen tighten up, your chest feels heavy or your body appears all of the sudden drained of its energy. Give these sensations a name; so if you feel tense and tight but aren’t exactly sure what the underlying emotion might be, you could begin connecting to the emotion by saying, “I feel tense and tight.” That’s a good start. *Tension* is a word that can encompass many feelings, most of them negative. So to better identify the emotion, you can dig a bit deeper by saying: “I feel tense when I am thinking about this person or situation, because.... (for example: I feel small, judged, under pressure, anxious).” This will give you already valuable information about the triggers and the roots of emotions.

Step 3. Connecting to the messages of your emotions

Imagine your mind, in particular your subconscious, as a diamond with many beautifully cut facets, each representing a part of our mind that provides you with specific information and resources. As a result of these many different parts, you can comfortably fulfill a multitude of roles at different stages in your life. You can be a son or daughter, a student, a friend, a parent, an employee, an entrepreneur, and so on. The parts of your subconscious also contain the basis of your personality traits, such as being disciplined, considerate, outgoing, or sensitive.

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Now there is a part of your mind, which has been creating the emotional response you just focused on – and has probably done so many times before. Ask this part why it has been feeling this way, what it needs from you and what it wants you to pay attention to. Just take your time and listen to the messages that can bubble up from deep inside as words, insights or further sensations.

Communicating with your emotions is like learning a new language. So take your time and be open and willing to understand the meaning of their messages. Don't force an answer to come up, but allow it to appear - sometimes this may be right away, sometimes later during the day or in your dreams. To end this process commit to addressing the issues and imbalances your emotions made you aware of. This way you honor their true purpose and tap into their potential for healing and growth.