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*Reconnect & Restore*

## Feeling through your emotions

**Emotions are an energetic frequency you experience.** They can feel light, heavy or somewhere in between. With awareness they can help us know where our energy is vibrating at in that moment and guide us.

### **We process emotions in 4 ways:**

- Feeling through them
- Through our intestines – loose stools.
- Suppress our emotions which get stored in our organs for release later.
- Get stored in our connective tissue or muscles, especially the diaphragm.

### **How to make friends with all of your emotions?**

Accept and honour all of your emotions without judgement = UNCONDITIONAL LOVE. Sounds easy just accept all of your feeling, but often we grow up with the belief that we can't express, perceived negative emotions like depression, sadness, anger. So we will suppress and push them down. Or if we are in overwhelm or anxious our energy is scattered into the future or past and we are not present.

There is so much relief when we start to honour and accept all of our emotions, they are part of us. When we give ourselves permission to fully feel our emotions they can be felt, rise, dissipate and we are left feeling lighter.

### **An effective process to feel through your emotions.**

- Start by being present in this moment – through mindfulness, heart centring, grounding or bringing your attention to your breath.
- Find a safe space bring your energy into your body and take a few deep BREATHS
- Take a breath and scan your emotional body
- What emotions do you notice? Are they sitting in a part of your body or just all around? BREATHE
- Fully feel & honour all emotions, allow them to be without judgement, keep breathing through them and they will eventually rise, dissipate and float away.
- Take another nice deep BREATH

*This is a lifetime journey and you can never get it wrong. Take what resonates with you and drop the rest, then have fun practising every day in some small way.*