

## ***JUST FEEL IT* Process**

### **THE STEPS:**

1. What is happening with me right now? What am I noticing in my body?
2. Can I “be with” this 100% right now?
3. Be fully present to what is actually happening in your body and awareness, without judging, analyzing, blaming or fixing.
4. If an E-motion remains in a contracted state for more than 3 to 5 minutes, give the E-motion permission to fully express itself in any it wishes that is safe.
5. See the E-motion outside yourself and hold it in your awareness with compassion.
6. See and re-label the E-motion as ENERGY that wants to be in motion, to flow through you and you have set it free. All that required your presence and non-judgmental attention to it, which is LOVE.
7. Acknowledge yourself for being a good “energy steward.”

### **THE PROCESS:**

1. When you are feeling any uncomfortable emotion or upset (contracted state) or you simply notice that you are feeling more contracted than expanded, stop judging, analyzing, blaming or trying to fix it. Ask the question; **what is happening with me right now?** Go to your body and notice the sensation of what is happening..
2. Then ask yourself; **“Can I be with this 100% in this moment?”** “Being with” E-motions means being present to them without judging, analyzing, blaming or fixing.
3. To help you be with this E-motion, you may to use some or all of the following “presencing questions”:
  - Where does this E-motion feel most present in my body? Breathe into this area while completely letting go on the exhale and describing silently or out loud all that you sense.
  - If the feeling had a shape what might it be?
  - If it had a size sense what might it be?
  - If it had a color sense what might it be?
  - If it had texture sense what might it be?
  - If it had a smell or fragrance sense what might it be?
  - If it had a sound sense what might it be?
  - If this E-motion had a message for me, sense what might it be?
4. If the contracted E-motion is still present after “being with it” in this way for a few minutes, and you’re in an appropriate spot, give the feeling permission to express itself **100%**. Don’t hold back. Anything that is not destructive is OK. Cry your eyes out, scream at the top of your lungs; let the six year old in you pitch a tantrum. You get the idea.
5. Now see yourself as the strong and compassionate Parent of this feeling and hold it outside you with compassion like you might hold a baby.
6. Finally, let go of the label of the feeling (such as sad, lonely afraid...), seeing it now as simply energy that you have set free.
7. Acknowledge yourself for being a good steward of the energy that wanted to get your attention and then move through you.