

# Monday Class 3 – Key Concepts

## Topic: Feel to Heal

### Mindset:

“Feelings are for the soul what food is for the body.” — **Rudolf Steiner**

**Maitiri:** Unconditional friendliness and compassion.

We are undoing eons of conditioning. Go easy on yourself.

*“We are unlearning all the ways that we have outsourced our power onto an authority outside of ourselves and we are learning how to tap into the innate source of power that exists within our deep primordial and feminine knowing.*

*And right now, the feminine is rising and we are realising again, that our desires are Holy. And if they have been suppressed deeply enough and for a long period of time, she will rise and sometimes, she will be furious.” -Sigourney Belle*

**Question:** What is your relationship to feeling?

Which emotions weren't really welcome growing up and which ones were encouraged or “ok”?

BE WITH ALL THAT IS. Can you be with ALL that you are?

### What are emotions?

“Emotions make us human. Denying them makes us beasts.”

-Victoria Klein

The limbic system, autonomic nervous system, and reticular activating system all interact in the physiological processing of emotion.

EMOTIONS ARE Physical, instinctive and universal. They produce a biochemical reaction in the body. Part of brain: Amygdala & prefrontal cortex.

**E-motions = energy in motion:** There is an physical energy that wants to move through you. They are not good or bad. They are just information.

Emotions as our internal GPS system.

Life is not about **controlling** our emotions. That's impossible.

Emotions come and go whether we want them to or not.

Life is about **channeling** emotions.

## WHY DO WE FEEL EMOTIONS?

- Survival / Unmet needs (survival, protection, love, etc.)
- Conscious or unconscious thoughts and beliefs
- Our environment/ people around us: Co-regulation - the emotions of others
- Past trauma - unprocessed emotion stuck in the body

Feeling **joy**? Your needs and values are being met to some degree.

Feeling **scared**? Perhaps a need for safety or security is not being met.

Feeling **angry**? A boundary might have been crossed or an injustice has taken place.

Fear and disgust supposed to protect us.

Anger can lead to action and change.

Sadness can lead to introspection and acceptance.

Guilt can lead to change and correcting of behavior.

Excitement can lead to motivation.

## Expansion vs. Contraction – Our Nervous system

### Why we get stuck in emotions or loops

1. We judge and shame our emotional experience: As child we weren't allowed to feel many things.
2. We find defense mechanisms or unhealthy coping strategies.
  - Rationalising: Excusing or justifying
  - Repression and denial
  - Taking it out on someone else
  - Projecting onto others
  - Avoidance of triggers and emotions
3. Our focus: We keep thinking the thoughts and beliefs that trigger them.

Make a fist. Squeeze it tight...keep squeezing...keep squeezing. Okay, unclench your fist.

**“What you cannot be with, will not let you be. “**

## Contraction vs. Expansion in the Body

Contraction

**Noun:** The process of becoming smaller

**Synonyms:** Shrinking, reduction in size, shrinkage

Not allowing things to flow.

Expansion

**Noun:** The action of becoming larger and more extensive.

**Synonyms:** Growth, increase in size, enlargement, extension, augmentation, development, evolution

Breaking negative cycles is paramount in raising your emotional state

When caught in a lower vibrational frequency of operating, things can seem hard to overcome.

Contraction takes up a lot of energy.

When we're trying to **sustain contraction**, we have **less energy left for expansion**.

If you have contractive energy going on on the inside, it makes it hard to sound and look anything but contracted.

When we give them expression and allow ourselves to FEEL, our nervous system can remain relaxed and open.

Where we hide or suppress any part of ourselves, we become dangerous.

**CHECK IN:** Your relationship to: Anger – Fear – Joy - Sadness

## Processing Emotions – Let them flow to let them go.

**Pain comes to teach us, not to punish us.**

Can we turn pain into useful information.

Useful information about what we want to move towards and what we want to move away from.

LET GO OF THE FEAR OF FEELING.

Let fear get tired of trying to scare you.

The body is the vessel of your emotions.

**Who you are cannot be known with your mind.**

The only way for an emotion to pass is to feel through it.

You need to allow it ALL to move through you because **what you resist persists**.

Emotional reactions that you don't understand.  
It's things that are stuck in the body surfacing.

Analyzing where they come from sometimes doesn't make sense because they're too deep.  
You can engage in processes that allow you to release without you understanding, labeling, etc.

In Western psychology it's about analyzing. In the East it's about just letting it go.

### Completing the emotional cycle:

- **Physical release:** Going for a walk, run, dance, hitting a pillow, jumping, shaking, stomping, screaming
- **Breathing:** Conscious, mindful, deep breathing. Meditation.
- **Positive Social interaction:** Preferably with people that can hold space for you.
- **Affection:** A warm, 20-second hug can change your hormones, change your blood pressure and increase the oxytocin in your body. Holding yourself counts too.
- **Crying.** Set the stressor to one side, don't keep focusing on it, and just pay attention to the actual physical sensation.
- **Creative expression or imagination.** "Take your broken heart and make it into art."
- **Journaling:** Venting, writing and letting it all out.

"Who you are can only truly be known by exploring what moves you. What animates you and brings you to life. You are the same current of life that creates and destroys nature. This same current of life that is deeply powerful and awake. And once you remember who you truly are. Nothing less than that, will ever suffice." -Sigourney Belle

### Processing your Emotions.

Part of re-parenting: Be a safe space for yourself to inhabit.

You can create a safe space for yourself to feel. Creating safe space for yourself to feel. Self-compassion.

Leaning into the parts of yourself that you don't like.  
Meet your Emotional triggers with curiosity.

Self-judgment to self-compassion. Bring humor and self-compassion.

Throughout the program and life, things will come up.

Waves of emotion, of trauma, fears...  
And it is your job to move yourself through it.  
Every time.

IT TAKES AS LONG AS IT TAKES.

**SURRENDER: Attitude of cooperation with the unfolding.**

Creating an energetic sanctuary you can rest in.  
Creating sacred spaces for you.

## **Thinking vs. Feeling - The bodily sensation vs. the story.**

### **Contracted thoughts/beliefs**

- I am not good enough
- I am not smart enough
- I don't deserve to be happy
- I don't fit in
- No one understands me
- I am too fearful
- I am flawed
- I am weak
- I am powerless
- I will never get out of this rut
- I can't\_\_\_\_\_ (sing, dance, play sports, write)
- I will never have enough money
- I will never be successful
- I will never live a fulfilled or purposeful life

In order to move these thoughts and beliefs into a state of expansion, we need to bring an awareness to what's keeping them stuck, what old beliefs they are hanging onto, what fears they are not willing to let go of, and what old stories they are replaying over and over again that are keeping them small and comfortable.

### **Other forms of contraction:**

- Locking down your feelings.
- Suppressing yourself and not fully expressing.
- Trying to be someone you know deep down you're not.
- Trying to play small and not let people see the real you because you're afraid it might scare them off or intimidate them if you shine too bright.
- Trying to do things in the way that society or your family says you should — when you know deep down that's not how you're built.

- Thinking you're "wrong" for having certain personality traits and trying to hide them instead of embracing them. Scrunching your personality down into a mold that doesn't fit.

**Expanded thought/beliefs**

- I am an Amazing Human Being
- I am strong
- I am powerful
- I am intelligent
- I am worthy of Happiness
- I am courageous
- I am a survivor
- This moment will pass/This feeling will pass
- I am capable of living out my dreams
- I live an abundant life
- I trust myself
- I trust my intuition
- I am grateful
- I am worthy of living a life of purpose
- I am capable of doing hard things
- I am talented
- I am love

## Steps to dealing with emotions:

1. Notice it + Name it: What's there? Get curious.
2. Own it: Acknowledge that it's yours and a part of you. Nobody put it there.
3. Accept it: Don't push it away.
4. Invite it: Feel it like you want it to be there.
5. Let it be or go: Stop focusing on it, let it do what it wants.
6. Investigate: Once it has passed, ask what's behind it?
7. Nurture your needs or reframe thoughts if necessary.

**Get curious: What are the intentions of your feelings?**

**FEMININE: Open yourself to flow, to receive.**

## Homework:

- Create your sacred space + post picture.
- Twice a day 10-minute daily emotional check in (morning/evening): Just tune into your body, notice and acknowledge what you're feeling.
- Journaling check-in every evening:
  - o How do I feel right now?
  - o When did I feel contracted today? What triggered it?
  - o When did I feel expansive? What triggered it?

**Resources:** Periodic Table of Emotions