

# EMOTION

Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it. -Vincent van Gogh



**YOU DOING YOU** In the past four weeks, you have acknowledged some of your Mentors, tuned into the vibrations from your soul voice, identified your relationship with food nourishment and basic needs, and ultimately created an abstract 'blueprint' of your unique landscape - your lessons, stresses, supports and successes. In our early lives, we have little control over our circumstances, but as we mature, we spend much time trying to 'steer the ship' the way we'd like for it to go. Along the way, we encounter many emotions - ours and everyone else's. If we pay attention to the way we acknowledge or express our own emotions, they become a lot easier to 'weather'.

## THE LIST

Anxiety	Anticipation
Confusion	Connection
Disgust	Empathy
Envy	Excitement
Fear	Insecurity
Interest	Jealousy
Joy	Romantic
Sadness	Satisfaction
Sentimental	Shame
Sympathy	Surprise
Triumph	Wonder

## INTENTIONS ASIDE

1. We will each experience hurt feelings
2. We will each hurt someone's feelings
3. We will each be made to feel defensive
4. We will each cause someone else to feel defensive

**THE EFFORT** Let yourself "feel" each emotion on The List, checking first for any physical reactions and next for the thoughts your brain produces around each emotion. Finish by asking yourself if there is anyone with whom you would share each emotion.

## BODY

How does each of these emotions feel physically in your body? Breathe into the tight spaces...

## MIND

What thoughts are triggered by each emotion? Pay attention to their tone and message

## BALANCE

Awareness of your physical reactions is the most powerful tool available as you navigate the emotional landscape of your life. Drink water and breathe as you let feelings, even old ones, wash over you like a wave. Because you have allowed them to move, they will be easier to clear from your energy field with your intention and your breath. It's really that simple :)