

## **Practicing the Steps to Emotional Clearing**

Painful experiences are a part of life. They only become toxic when we try to deny or repress them. Many of us hold on to emotional hurts and disappointments because we have not been taught effective ways to deal with them. As a result of trying to suppress these old wounds, we do not experience the joy or vitality we would like. Let's go through each of the steps so you can get a taste of what is possible when you utilize this technique.

- ✦ Please sit comfortably and close your eyes. Allow your awareness to permeate your body, taking note of any sensations, thoughts or emotions that are present right now. *(pause)*
- ✦ Gently let your attention rest in the area of your abdomen and heart. Take a couple of deep breaths into your belly and notice any sensations you feel in this area. *(pause)*
- ✦ Now allow yourself to remember a recent event that was upsetting to you. It could be an argument with your boss, being cut off on the road, or a rude waitress you had to deal with. Specifically recall some relatively minor upset within the last two weeks.
- ✦ Allow yourself to experience any emotions that arise for you around this incident, and as you do, acknowledge to yourself that these are *your* feelings. Regardless of the circumstances, regardless of anyone else's behaviour, these feelings are happening in you, and therefore, are your responsibility. Make a commitment now to take responsibility for your own emotional reactions. *(pause)*
- ✦ Now, as clearly as you can, identify what you are feeling, whether it is anger, sadness, irritation, jealousy... *(pause)*
- ✦ Good. Now take a deep breath and again bring your awareness into your body. Where do you feel the emotion? Your heart? Your stomach? Your neck? Your lower back? Once you have localized the place in your body where the emotion is lodged, breathe into that area while you witness the sensation. Notice that the emotional charge begins to dissipate by simply bringing your attention to it, with the intention to release it with each breath.

✦ Without talking, please open your eyes and take a blank sheet of paper and pen. Begin expressing in writing how you felt about the incident. This will be kept completely private, so openly express how you feel. Use language that accurately conveys what you are feeling. *(pause)* If memories of similar situations come to mind, write about them, as well. *(pause for 3-5 minutes)*

✦ Now without talking, please stand up. We're going to do an exercise to discharge the emotion from your physiology. While taking a deep inhale, raise your arms above your head and on the exhalation drop them down while making the sound, "Ha!" Acknowledge the release of the emotion as you perform the movement. Close your eyes if you feel comfortable doing so and let yourself participate fully.

✦ Now, once again, close your eyes and savour the sensations of lightness in your body. As a result of your courage to uncover and release stored emotional pain, you are spontaneously more capable of giving and receiving love. Envision your heart filling and overflowing with golden, warm, healing love. Imagine this healing energy is flowing out of your heart to all the friends and loved ones in your life and to the person with whom you created the situation that you have now released. Allow the love of everyone in your circle of friends and family to infuse your heart, nourishing and rejuvenating you. Now please open your eyes and slowly bring your awareness back into the room.

Use this process whenever you notice yourself reacting to anyone in your life -- your husband, wife, partner, your boss, your best friend or a clerk at the grocery store. These people, though they may "push our buttons" did not put the buttons there in the first place. When we view our emotional reactions as opportunities to heal unresolved issues from our past we stop blaming others for our feelings. As a result we feel more empowered and more alive.