

## ABC Guide to Feeling Emotion

This is a 7-day, step by step guide to help you -especially if you don't even know where to start- learn how to feel your emotions. It offers a crawl, then walk, before-you-can-run easeful and fascinating adventure to get you out of any conditioned pattern of emotional repression, and into a more ready place.

During the week, you'll be exploring the distinct differences between your mind and your body- between thoughts and emotions. You'll do this as a way to:

1. become more intimate with your body
2. learn how emotions speak to you (without having to engage in the game of Shift anymore, but instead in your everyday life.)

This guide is important for one big reason: most of us live completely in our minds and thus have very little access to our body or its varied emotions.

This disconnect from the physical body where emotions live, often occurs due to some form of trauma. This trauma could be a physical trauma- maybe from a car accident that resulted in a terrible injury, or it could be from physical abuse suffered in the hands of a family member or a stranger.

Disconnect between the mind and body can also occur from emotional shaming. Maybe you were made fun of at school for crying, or maybe you grew up being told by your parents that there's nothing to be afraid of, or don't be sad, or that anger is not ok. We will discuss emotional shaming more in a little bit.

The disconnect between your mind and body is typically a survival mechanism. Since emotions live in the body and not the brain, if you can't feel, you can't be hurt- right? Your mind basically takes over, so that you don't have to feel your emotions. This is how your many employees- like the Storyteller, Beliefs, the Judge or the Thinking Mind- subconsciously try to protect you.

The challenge here is that reconnecting to your body, well, it doesn't happen all by itself. It takes conscious action to teach the Mind, the Body, you, the Controller, Storyteller, Thinking Mind and all the others that it's safe to feel emotions again.

This is the ABC guide to starting that process. It'll be a step by step, daily adventure that should prove to be very fascinating, and help you launch a new approach to life includes being more in tune with your body, and feeling your emotions in a lovely and authentic way.

## Level One - Day One:

For today's conscious action, you'll want to do the following 3 times today, for about ten minutes each time. You'll need a journal and an ice cube each time you do this.

### Your Practice:

1. Make sure you're in a **safe environment**. This means that no one (including you) is going to hurt you verbally or physically as you explore the following steps.
2. While seated in a chair or on the floor, **take a few deep breaths into your belly** allowing your belly to expand with your in-breath. This will keep you conscious and aware of your body.
3. While continuing to breathe, place an ice cube on your arm. **Notice the feeling, the sensation on your skin**. What does it feel like? Play around with pulling the ice cube off and putting it back on for different amounts of time. Take note of your awareness as you'll **write it down for later observation**.
4. **Notice the judgements** you may have around the feeling of the ice cube on your skin. This is just the voice of the Judge.  
**Notice any stories** you may have around the feeling of the ice cube on your skin. This is just the voice of the Storyteller.  
**Notice the beliefs** you may have around the feeling of the ice cube on your skin. This is just the voice of the Beliefs.
5. After you're finished, **write down your awareness** in your journal, then put your notes aside until your next practice.
6. On your third and last practice for the day you'll **compare your notes** from all three practices and just notice whatever you notice about the entire process.

### Why this works:

By placing the ice cube on your skin and being aware of the feeling that you feel, you're learning to become aware of the differences between the Mind, and the Body, and how they interact. You're also learning how to listen to the voice of the Body as a separate entity, without being distracted by the Mind-which can so often take over every experience. Did you notice that with each practice it got easier and easier to simply feel the feeling, instead of thinking about it? If not, please be patient with yourself. It will get easier as you continue doing each daily practice.

You'll also start to become aware of the stories and judgements that run through your mind as you feel the feeling of the ice cube on your skin. The reason you're doing this practice, is to -in no uncertain terms- be crystal clear about the difference between the thoughts in your head and the feelings in your body. These are two separate things. Only once you become aware of the differences with your mind and your body, can they begin to have a healthy working relationship with each other.

## Level One - Day Two:

Remember the voices of the Judge, the Storyteller and Beliefs from the foundation part of your course? As you know, these 3 play a critical role in your life as you grow up and begin your own new relationship with your emotions. When you're small these 3 parts of you developed opinions about your emotions, based upon your primary care givers and how they raised you.

For example, let's say that your mom had a big judgement about anger being bad and therefore had learned to repress it. However, she had no problem feeling sadness instead. Let's also say that your dad believed the voice of his Storyteller when it said he needed to be tough, and that showing any sign of fear meant that he was weak. As a result of all this, your mom would most likely allow you to cry but not allow you to throw a fit. Your dad would most likely try to get you to also repress your fear. You in turn would make up stories that sadness was ok to feel but anger and fear were not.

Then as you grew older, you would begin to engage with your grandparents, teachers, cousins, friends and even strangers who had their own stories, beliefs and judgements about their emotions. With their influence also shaping your life, you created even bigger judgements, stories and beliefs about what it meant to have emotions, and what to do about them.

Then, as an adult, you may have come in contact with well-meaning coaches, therapists or guides who - especially given our society's current habits regarding emotions being seen as feelings to be understood and controlled- taught you clever ways to avoid, hide, repress, or reframe emotions, creating what is now a rather large disconnect with the emotions, and also with your body, which is where these emotions live. Adding in your own personal touch- please refer to the drift/flight list found in the bonus gifts section of this course to learn some of the ways you may do this.

### Day 2 Activity:

As for today's conscious action in moving forward, you'll want to do the following 3 times today, for about 10 minutes each time, mixing up step three with other types of sensation.

1. Make sure you're in a **safe environment**. This means that no one (including you) is going to hurt you verbally or physically as you explore the following steps.
2. Take a **few deep breaths into your belly** allowing your belly to expand with your in-breath. This will keep you conscious and aware of your body.
3. Go outside in your bare feet and begin walking on the grass. **What kind of sensations do you feel on your feet?** Play around with stepping on and off the grass noticing everything you can about the sensations.
4. **Notice the judgements** you may have around the feeling of the grass on and off your feet. This is just the voice of the Judge.  
**Notice any stories** you may have around the feeling of the grass on and off your feet. This is just the voice of the Storyteller.

**Notice the beliefs** you may have around the feeling of the grass on and off your feet. This is just the voice of the Beliefs.

5. After you're finished each time, **write down your awareness** in your journal and then put your notes aside until your next practice.
6. On your third and last practice for the day you'll **compare your notes** from all three practices and just notice whatever you notice about the entire process.

Again, as you keep your awareness focused on the sensation on the outside of your body, you are listening to your body once again, recognizing the differences between your mind and it, and thus brokering a reconnection of the mind and the body so they can better work together to make you more aware of feelings and sensations.

Suggestions for changing up step 3: You can stay with the grass for all 3 times, or switch it up to any of the following, or get creative and make up your own:

- if it's a windy day, feel the wind on your face, then on your chest, then on your feet, then on your legs. Or if it's a sunny day feel the sun on your face, your chest, your feet, your legs
- petting or rubbing against your dog or cat, feeling their fur on your hands and skin. Also try petting the pet with your non-dominant hand and notice the difference
- run a feather up and down your skin, then do it against your wet skin, then the bottoms of your feet and more
- lay on carpet and move your body, feeling the pressure and texture of it on the different parts of your body
- come up with your own unique version of step three- get creative!

Note: if you feel stuck or are not "getting" a step, continue practicing until you feel comfortable with it, prior to moving on. Move at your own pace. Some steps may come easy for you and some may be very challenging. Remember you may have years or even decades of emotional repression and it could take a while to unwind these patterns. Be patient!

## Level Two - Day Three

The human body has a physical form and structure- much like a building or maybe a town. But it also has an energy system- like the gas and electricity within that building, or the people's interactions within that town. These two -structure and energy- live simultaneously with each other and need each other to exist- electricity is lost without a structure in which to contain it. A town isn't a town at all, without people interacting within it.

It's the same with you, you have your body, and you have your energy, and together they create and support your aliveness as an individual.

You could say that these two parts- form and energy- have a symbiotic relationship with each other. They both need each other in order to survive- but also thrive more fully with the support of the other. The

energy needs a container in which to operate, and the container wouldn't be alive without the energy. As a result, when it all works out and your energy flows in your body, you feel great!

But throw just one out of balance and you feel terrible.

Taking it deeper, every cell in your body has a core that vibrates. This vibration creates energy. Energy moves. It's what it does. So naturally, the energy within your body moves. And that's what emotions are-- emotions are just energy attempting to move through your body, and that's it.

As this emotional energy moves through your body, it creates sensation so that you can feel. Sometimes this sensation is pleasant, and sometimes it's not. Your perception of this is largely based on your judgements, stories, and beliefs you have about these sensations -nurtured and taught throughout your life- all of which determines which ones you typically allow yourself to feel, or not. Now, if you allow yourself to feel the sensations of your emotions, that energy in motion will pass through your body fairly quickly: 10-90 seconds or until the situation that warranted them passes. But if you don't allow yourself to feel that energy, then the flow of it becomes stagnant, backed up, and can block your system. Remember our kinked hose analogy?

So, for example: If you have a hard time being present with and feeling anger, every time your anger is triggered and you're unwilling to feel it, it will create a block in your energy. That energy will then stagnate and create discomfort in your physical body.

Ok, so now that you know emotion creates a physical sensation inside your body, the rest of this practice is designed to bringing your awareness from the outside or external sensations of your body, to the internal sensations of your body-- because the internal part of your body is the home to all emotion.

## Day 3 Activity:

For today's conscious action in moving forward you'll want to do the following practice 3-5 times for 10 minutes each time.

1. Take a **few deep breaths** allowing your belly to expand with your in-breath.
2. Close your eyes and **scan the inside of your body**. **Notice** if you are cold, or warm or somewhere in between. Also notice what specific parts of your body are cold or warm. **Let your attention rest on those sensations** for about 1 minute, noticing anything you can about them.
3. Notice if your body is tired or energized. Also notice what specific parts of your body are tired or energized. Remember to **breathe deeply through the entire practice**.
4. **Notice any judgements, stories, or beliefs** you may have about these sensations. Remember this is just the voice of the Judge, Storyteller and Beliefs.

Remember to **journal about each experience** and **compare notes** at the end of the day.

This day takes us inside our bodies, which is where emotions present themselves. Emotions are sensations in the body- much like cold, or energy- and when we become aware of these sensations, watch them and allow them to be exactly as they are, it's like deeply listening to the voice of your Body. You get to hear what your body most needs you to hear, and about the experience it is having. This allows for a deep relationship to be created between your Mind and your Body.

## Level Two – Day Four

Link to study: <https://www.sciencedaily.com/releases/2013/12/131231094353.htm>

There was a study done on 700 people, accessing where specific emotions show up in our bodies as physical sensations. What became revealed was, we all pretty much feel each specific emotion in the same place, as each other.

Meaning- you and I are both going to feel sensations of anger in relatively the same area of our body. Same with fear. Same with joy. This is good news, because knowing where each specific emotion shows up: you can use this information to more accurately explore what you're feeling.

Now, I see us as having 5 core emotions. Kind of like there are only 3 primary colors -red, yellow and blue- from which the entire color spectrum is created- these 5 primary emotions create your entire human experience. They are: Anger, Sadness, Fear, Eroticism, and Joy. These core emotions express themselves as sensations within your body in the following locations:

With fear, you'll often notice sensation such as tingles in your tummy (often referred to as butterflies), or you could also notice tightness, heaviness or discomfort in the areas of your face, throat, chest and stomach.

With anger, you'll often notice sensation such as heaviness, tightness, twisting or discomfort in the areas of your head, jaw, neck, shoulders, arms, upper torso or upper back.

With sadness, you'll often notice sensation such as heaviness, tightness, or discomfort in the areas of your face, throat, chest and sometimes your stomach.

With eroticism, you'll often notice sensation such as tingles, spaciousness, pulling or longing all over your body- and is usually associated with passion or creativity. Your sexuality, which is part of your erotic feelings, will most likely show up as sensation in your pelvis.

With joy, you'll often feel pleasurable sensations such as tingles, spaciousness, and lightness, also throughout your entire body. Note: given this, if you notice sensations of pain throughout your entire body, you may be experiencing a lack of joy in your life.

All other feelings such as jealousy, shame, frustration-- I liken these to popsicles. They're a mixture of one or more of the primary emotions, plus its own element of flavor. For example, frustration is a popsicle

made up primarily of anger and fear -that's the ice- plus the flavor and color of frustration added in. Yes, what I'm saying is that all our feelings are made up of these 5 emotions, and the rest is just flavoring.

Now, there are other --maybe not emotions but certainly strong physical sensations beyond these 5 core ones, that I'd like to bring your awareness to: for example, love and depression. Love is felt mostly throughout your entire torso and upper body. Depression is a total lack of feeling throughout your entire body, very similar to lack of joy.

All of this is interesting information, but here's the most important part: if you notice the plethora of emotions and physical sensations that you experience throughout your life- they all live in your BODY. None, live in your mind.

Which leads us to the most important realization of your week. Get this at your core: Emotions, live in your body. You may give them names or identities that your mind can grasp, such as anger, guilt, fear, sadness, happiness, excited, etc. but what they are- are only sensations in your body.

You also have used your mind as a refuge to escape having to feel these sensations. We've discussed this before. Reference the drift/flight list to again explore this phenomenon. Or you've used your mind to try and understand these emotions and sensations, also as a way to not have to feel them.

But let's start having a conversation instead, so you can better navigate all this information.

To further separate your mind from your body, consider how to speak about these things. If you were to tell someone what you're thinking about how you're feeling, you might say, "He was mean to me" or "I didn't sleep well last night" or "I think that is fair." If you notice, what you say often comes out as judgements, stories and/or beliefs. Conversely, if you were to accurately tell someone how you feel, that would be an entirely different conversation, and you would use different language. You might say, "I feel angry" or "I feel tired" or "I feel happy."

Putting the two together, let's say your thought is this: 'He was mean to me' which is your judgement, story and / or belief. The subsequent emotion that follows though, which is: 'I feel sad,' that's no longer a story, it's the truth of what you now feel.

The reason why it's important to know the difference between your thoughts and your emotions, is this: your thoughts often generate and are actually responsible for creating your emotions. 'He was mean to me', results in you feeling angry. Another example is: let's say you have a thought about your dad, then you remember that he was just diagnosed with cancer, then you think about how mean you were to him as a teenager. These thoughts will trigger some kind of emotion such as sadness, regret, fear, embarrassment, etc. all of which you're learning, are meant to be felt. Each time the thought comes up again, the emotion is triggered again and you find yourself with the opportunity to feel it, again.

We humans do this over and over, again and again every day. Most of our thoughts are reoccurring thoughts, all which trigger reoccurring emotion. And many of these emotions are less than pleasant to

feel. Yet we continue the cycle of thought-emotion-thought-emotion, day in and day out. And that's why it's super important to be aware of the Judge, Storyteller, and Beliefs that are dwelling in your mind- as they're responsible for generating emotions over and over again.

Just by being aware of them -including they are not you and you are not them which you learned through our game called Shift- that can be enough, though. Through this awareness, you change their nature, and thus change your nature, until you're less likely to recycle these judgements, stories and, beliefs over time. This is important to do, as it simplifies the potentially chaotic and usually unconscious swirl that happens as your very active mind and your emotion feeling body interact and deeply influence each other.

## Day 4 Activity:

For today's conscious action in moving forward, you'll want to do the following practice 3-5 times for at least 10 minutes each time.

1. Take a few deep breaths allowing your belly to expand with your in-breath.
2. Close your eyes and **scan the inside of your body noticing any and all sensation that is currently present.** You may notice a heaviness or tightness. You may notice a tingly sensation or a pressure sensation. You may notice the difference between how your right hand feels compared to your left hand. You may feel tension or pain in one part of your body, but relaxation in another. Just **notice what you notice, allowing it to be exactly as it is.** Remember to **breathe deeply through the entire practice.**
3. **Next, notice any judgements, stories or beliefs** you may have about any of these sensations. Remember this is just the voice of the Judge, Storyteller and/or Beliefs.

Remember to **journal about each experience** and **compare notes** at the end of the day.

When you get to this point of your practice, you will hopefully notice sensation in your body a bit easier. This means that your awareness is growing about the exchange between your mind and body. This practice will also assist you to stay present with your emotions as they rise- as just sensations in your body.

Reminder: if you feel stuck or are not "getting" a step, continue practicing until you feel comfortable with it, prior to moving on. Move at your own pace. Some steps may come easy for you and some may be very challenging. Remember you may have years or even decades of emotional repression and it could take a while to unwind these patterns. Be patient!

## Level Three – Day Five:

When emotion arises in your body- as we've started to explore- there will also be a physical sensation that arises. If you're open to feeling it, you'll know it, because it will move into, through and out of your body rather quickly- usually in 10-90 seconds. It will rise, peak and decline, and you'll soon feel peaceful

again. If, however, you don't do this and avoid it or push it away, you kink your hose and as you know, serious problems will occur. It's that simple.

Thus, in order for you to enjoy a life filled with joy, aliveness and peace, it's imperative to learn how and remember to be fully present with emotions, feeling them as they arise in your body.

Now, there are a couple of exceptions to the 10-90 seconds rule. If you've been stuffing your emotions for awhile, then you may have a few different waves that need to pass through you, or one wave that may even stay around for a long time, before declining.

Another exception is say- with fear. In order to keep you safe, fear lasts so long as you continue to remain in a scary situation (i.e. while flying a plane, when being held against your will, while continuing to live with your abusive partner etc.). It will dissipate only after the situation ends, but again, only so long as during the situation you were willing to feel it. You see: all it ever wants in any given moment, is for you to feel it. Or better yet breathe into it so it can help you be more focused, present and influence smart decisions. If you do this- the bonus is; it won't feel like fear at all but rather energy, a call to action, and/ or excitement. Neurochemically- did you know there's no difference between fear and excitement? Pretty interesting, eh?

Another exception (and bonus) is that if you allow yourself to feel an emotion that is pleasurable, such as joy or eroticism, it will expand and fill your body with even more pleasurable sensations. Remember to breathe deeply here as well, for the breath is a great way to keep you in your body where the sensation lies and gives it a boost of energy which helps you to feel amazing!

## Day 5 Activity:

For today's conscious action in moving forward you will want to do the following practice 3 times for at least 10 minutes each time.

1. Close your eyes and **scan the inside of your body. Start your scan by looking at the fear zones**, by noticing any and all sensation such as tingles in your tummy (often referred to as butterflies), or you could also notice tightness, heaviness or discomfort in your face, throat or chest. Remember to **breathe deeply through the entire practice**, and I want you to **stay with each sensation for about ten seconds**.
2. Now **bring your awareness to your anger zones**. Notice any sensation of heaviness, tightness, twisting or discomfort in the area of your head, jaw, neck, shoulders, arms, upper torso or upper back. Just notice what you notice, **allowing it to be exactly as it is**. Stay present with everything you feel for at least ten seconds.
3. Now **bring your awareness to your sadness zones**. Are there any sensations such a heaviness, tightness or discomfort in your face, throat, chest or perhaps your stomach area? Again, stay with each sensation for about ten seconds.
4. Now **bring your awareness to your erotic zones**. You could feel sensation of tingles, spaciousness, pulling or longing throughout your body- does it feel like passion or creativity?

- Notice specifically what you feel, and where you feel these sensations. Or is it throughout your whole body? If it's sexual- notice, it will most likely be in your pelvis. Stay with each sensation for about ten seconds.
5. And finally, **bring your awareness to your joy zones** which exists in your entire body. Do you notice pleasurable sensations such as tingles, spaciousness, and lightness in specific places, or throughout? Or, do you have emotional or physical pain in specific places, or possibly throughout? Stay with each sensation for about ten seconds.
  6. **Notice any and all judgement, stories or beliefs** you may have to any of these sensations, and **allow yourself to just notice and nothing more.**

Remember to **journal about each experience** and **compare notes** at the end of the day.

One of the things you'll begin to notice as you watch the sensations that correlate with each of the 5 primary emotions, is that what you THINK you feel and what you're actually feeling, can be two VERY different things.

For example: I might think I feel sad, but as I tune into the sensations of my body, I actually feel sensation in my anger zones. Isn't that interesting? Or maybe I think I'm angry, but then notice I have sensations in my fear zones. We call this an emotion jacket. You're a highly clever and creative being, so you'll sometimes hide one emotion within another in order to not have to feel the emotion you judge the most. This is why the kid who has a scary home life, will become angry instead- because anger feels more powerful and therefore easier to feel than fear. This is why the angry woman, will become sad instead- because sadness feels more polite and in line with her self-perception as being a gentle person, than anger.

Again, you learned this survival mechanism -usually quite young- in order to survive the Judge, Storyteller and Beliefs of your parents, friends and other influential people in your life. As you begin addressing the actual emotion that you feel though, that's when you can have profound, forward movement to being in flow with your emotions.

## Level Three - Day Six:

Let's talk more about breathing, and its roll in assisting you to feel your feelings.

One of thing you unconsciously may do, as a way to try and not feel your emotions- is pull your breath up into the top part of your chest, and out your belly in a shallow way. This is called your fight or flight breath. By doing this, you're fighting or fleeing your emotions. This kind of breathing may stop tears from streaming down your face, or stop you from punching someone. But alas, it will also trigger your adrenaline, because all your 10,000 voices are now starved for oxygen. Subsequently, the survival part of your brain- the Amygdala, or Monkey Mind- remember that voice?, will start to loop in a state of fear and desperation.

The Amygdala is just not going to be supportive when you've been breathing this way, because it's a perceived threat. You're essentially trying to suffocate IT, yourself and all the other 10,000 voices! But, if

you give the Amygdala and all the others (including fear, anger and sadness) some breath, it's akin to giving them love. I call it even: self-love. Which is a relief- the Amygdala reasons, so it calms right down. Not only that, but breathing well and deeply takes you into an amazing place where suddenly all 10,000 parts of your brain and your body, now infused with all this oxygen- instead come alive in the most mature and gorgeous of ways.

The best way to give yourself this kind of aliveness is to take full belly breaths. This means that when you take in a breath, you're going to breathe deeply first into your belly, allowing it to expand, and then allowing the air to next fill up your chest.

Try it now.

If you breathe this way, somewhat slowly both on the intake, and also the exhale, it will lower your heart rate, pull you out of fighting or fleeing your emotions, give you access to the rational part of your brain which is now in the business of awareness of what you feel, and it will open up the flow of energy in your body. It's literally the secret sauce on top of this entire recipe.

If during your breathing, you have an emotion arise-- just know that's your body's way of speaking to you. It's telling you that some energy needs to flow, hopefully without resistance from you. Just watch the sensations of that emotion, and allow it to flow as best you can, and it will open you up to the enjoyment of that sensation in the moment. Even if it's an uncomfortable sensation, remember that giving it some oxygen is akin to giving it some love, and with a love like that, the darkness of the emotion quickly turns to light.

## Day 6 Activity:

For today's conscious action in moving forward, you'll want to do the following practice 3 times for at least 10 minutes each time.

1. Close your eyes and **scan the inside of your body. Start your scan by looking at the fear zones**, by noticing any and all sensation such as tingles in the tummy (often referred to as butterflies), or you could also notice tightness, heaviness or discomfort in your face, throat or chest. **Stay present with each sensation for about ten seconds, and breath into it deeply.**
2. Now **bring your awareness to your anger zones**. Notice any sensation of heaviness, tightness, twisting or discomfort in the area of your head, jaw, neck, shoulders, arms, upper torso or upper back. Just notice what you notice, allowing it to be exactly as it is. Stay present with everything you feel for at least ten seconds, and **breath into it deeply**.
3. Now **bring your awareness to your sadness zones**. Are there any sensations such a heaviness, tightness or discomfort in your face, throat, chest or perhaps your stomach area? Again, stay with each sensation for about ten seconds, and **breath into it deeply**.
4. Now **bring your awareness to your erotic zones**. You could feel sensation of tingles, spaciousness, pulling or longing throughout your body- does it feel like passion or creativity? Notice specifically where you feel these sensations, or is it throughout your whole body? If it's

- sexual- notice it will most likely be in your pelvis. Stay with each sensation for about ten seconds, and **breath into it deeply**.
5. And finally **bring your awareness to your joy zones** which exists in your entire body. Do you notice pleasurable sensations such as tingles, spaciousness, and lightness in specific places, or throughout? Or, do you have emotional or physical pain in specific places, or, possibly throughout? Stay with each sensation for about ten seconds, and **breath into it deeply**.
  6. **Notice any and all judgement, stories or beliefs** you may have to any of these sensations, and allow yourself to just notice and nothing more.

Remember to **journal about each experience** and **compare notes** at the end of the day.

After going through all these steps up 'til today, likely your awareness is becoming more fine-tuned, as is your ability to feel and be present with sensation. This is you opening the door to finally resolving your emotional repressive issue. This is the beginning of connection between you and your body. The beginning of living in a state of honoring yourself and being in flow with the entirety of your life.

Again, if you feel stuck or are not "getting" a step, continue practicing until you feel comfortable with it prior to moving on to the next step. Move at your own pace. Some steps may come easy for you and some may be very challenging. Remember you may have years or even decades of emotional repression and it could take a while to unwind these patterns. Be patient!

## Level Four - Day Seven:

Now let's discuss the difference between THINKING about your emotions, FEELING your emotions, and what became possible now -because you've experienced SHIFT, The Game Of 10,000 Wisdoms- BEING your emotions.

In order to experience the differences, let's choose as our example- love, because this is a feeling that we all seem to be familiar with. Now, when I say love, I mean not just romantic love, but all love; friendship love, love for a pet, love for pizza, love for a sport, nature, life, all of it. Love in the big picture- got it?

Where we're going is this: first have the experience of THINKING about love. Go there now, and think about love. As you do this, notice you're in your head, right? You're not feeling love, you're THINKING about love- which is a very distinct experience.

In this state, you could also try to UNDERSTAND love -right? Go ahead and do that now. Try to understand love- using your intellect, with the key word being try because it's a pretty complicated with all these things, entities or creatures in the world to love, as opposed to hate, and what's the difference between the two anyway and oh my god it's just endless all that you can ponder when trying to understand love, right?

Now make a shift. I want you to next, FEEL love, which you should be pretty good at seems we're day 7 in your ABC Guide to Feeling Emotion. As you've learned, feelings are in your body. They exist without thoughts. Your mind may interpret them, but as you do this -as you feel love right now- can you

recognize that it's just that -a feeling- a sensation in your body. Notice too, it doesn't need or get assigned to anything- which the mind does in order to make sense of that love. It's not love for your lover, or a pet or that piece of cheesecake in the fridge. Can you see there's no story to it? It's instead just a feeling, and it doesn't mean anything. It just is. You can also notice now, where it is that you feel it and how strong is it, like we'll do in The Art of Fear method.

Finally, now I want to you take it even further. Shift now, into BEING love, and notice what you notice. Can you feel how much deeper is this experience, of being love, versus feeling love or thinking about love? When you think about or feel love, there's you: thinking about, or feeling it. There's subject: object. But when BEING love, there's no more subject: object. There's no more YOU anymore, thinking about or feeling IT. YOU drop off and that sensation -that feeling of love- takes over your entire being. Kind of like a starving man who stops existing, and becomes instead, his hunger. Or when a singer becomes the music- she actually ceases to exist. All that remains for her, is the music. Here you cease to exist, and all that remains is love.

## Day 7 Activity:

For today's conscious action in moving forward, you'll want to do the following practice 3 times for at least 10 minutes each time.

1. Close your eyes and **scan the inside of your body**. Start your scan by **looking at your fear zones**. Remember to **breathe deeply** through the entire practice. I want you to **first feel your fear for about ten seconds, and then I want you to BE that fear for about ten seconds**. Just do the best you can, **and notice the difference**.
2. Now **bring your awareness to your anger zones**. Remember to breathe deeply through the entire practice. I want you to first feel your anger for about ten seconds, and then I want you to BE that anger for about ten seconds.
3. **Now bring your awareness to your sadness zones**. Remember to breathe deeply through the entire practice. I want you to first feel your sadness for about ten seconds, and then I want you to BE that sadness for about ten seconds.
4. Now **bring your awareness to your erotic zones**. Remember to breathe deeply through the entire practice. I want you to first feel your erotic feelings for about ten seconds, and then I want you to BE those erotic feelings for about ten seconds. Do the same with your feelings of sexuality.
5. And finally **bring your awareness to your joy zones** which exists in your entire body. Remember to breathe deeply through the entire practice. I want you to first feel your joy for about ten seconds, and then I want you to BE that joy for about ten seconds.
6. **Notice any and all judgement, stories or beliefs** you may have to any of these experiences, and allow yourself to just notice and nothing more.

Remember to **journal about each experience** and **compare notes** at the end of the day.

What you may notice- the bigger picture is that thinking about your emotions, which you may have done quite often prior to this week, is one form of intelligence that you possess. I call it mental intelligence. It's brilliant.

There's also physical intelligence- the wisdom of your body and all of its sensations, which after these 7 days, you now have deeper access to. It's also brilliant.

There's also emotional intelligence, which is your ability to feel your emotions in an honest way and have them help you come alive. Can you see that physical and emotional intelligence, are very connected? If you nurture one, you nurture the other. Bravo.

And finally, the fourth intelligence, is spiritual intelligence. Day 7, you'll have just accessed this, by transcending yourself and letting another experience entirely, take over both your body and mind. This is you having an experience of something greater than your judgements, stories, belief, and thoughts, all which make up your sense of self- otherwise known as your ego. You quite simply transcend mental intelligence, and move into a realm that can never be intellectually understood.

You also transcend physical and emotional intelligence. This is accomplished, in these last 7 days, with your willingness to be in your body and feel whatever it is that you feel there. Tapping into your body and your feelings, sensations and emotions found there, actually becomes the bridge you cross to get into this higher state.

This state which includes yet transcends both mind and body, is the deepest level of accessing the energy of these emotions that exists. By going all the way with being Human, which involves being in intimate touch with both your own mind and body, you can now get to this place of Being. Where you experience emotions as they exist not just within you, but as a collective in all of us. It is quite simply, the deepest experience you can have with emotions, and a place from which they can finally and fully shine their fullest and most magnificent light. You know now know how to have this higher experience.

This concludes your 7-day ABC course. Thank you for participating. Please now move on to the next video, in the Ad On part of your course.