

## **Emotional Climate- defining it & using it**

1. Assess your own emotional climate- close your eyes and ask for emotional clarity. You can say: *"Please give me a clear view of my emotions. I want to better understand what I am feeling right now."* Take a breath and listen.
2. Whatever comes up write it down. Write down all the emotions you are feeling with no judgement about them or need to understand them. Just document. Take a moment to do this. Avoid analyzing what you write.
3. Choose a single emotion. One that jumps out for you and that feels somehow current.
4. Take a deep breath and clear your mind of any need to accomplish anything.
5. Take another deep breath and release any need to understand. You are only an observer. You will only watch the emotion.
6. Take a deep breath and notice where in your body this emotion is sitting.
7. Become completely present with the emotion in your body by breathing into it.
8. Put your hands on the place in your body where the emotion is located and take a deep breath. Say out loud: *"You have done the very best you could. You are a wonderful body part and I am so grateful to you for being so strong and helpful. Thank you for everything you do and have done my whole life."*
9. Your only job is to observe yourself- to sense yourself relaxing.
10. Extend your light fingers, stick them into your body and pull out any part of the emotion that is still left- as you pull it out look at it and say: *"Thank you- I am finished with this old emotional content."*
11. Release it by throwing it into the sun and clapping your hands.
12. Notice how open and free your body feels as it is released of this old way of being with this emotion. Celebrate this accomplishment.

Take a moment to write down a few notes about your experience.



## Revealing the Four Aspects

Learning to recognize and embrace the experience of change or what we can call “the shift” is important and fulfilling for the soul. This is emotional maturity and a tangible experience of grounded and connected acceptance based in the emotions it evokes.