



LESSON 3: FEELINGS

As you listened to the lesson, what immediate feelings came up for you as we described how you were validated using your five senses?

Do you ever remember a time you were validated for using your own 'gut reaction' or your sixth sense of intuition? What example came to mind, and what happened after you trusted your internal message?

Our body tells us we are having a feeling or feelings before our brain does. Using the below emotions, please reflect on where in your own body you experience the feelings:

Anger:

Fear:

Pride:

Unworthiness:

Content:

Happy:



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Many times we will experience a feeling in our body (such as a reaction of jealousy or irritation), and immediately feel guilt or shame for having it. Does this resonate for you?

What would be a typical pattern for you when you have a feeling, and then instantly feel ashamed or guilty about it?



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An Activity

Often after this lesson, we are asked this simple yet life changing question. Now that I understand my body is giving me cues about how I feel all of the time, how can I consciously notice my feelings sooner, and choose to feel better more or all of the time?

The moment you notice you are having a feeling in your body, ask yourself the following questions:

What IS this feeling in my body?

Step one: What is it telling me?

Step two: What was the subject of the thoughts I was having that got me feeling this way? And once I know the subject, how was I looking at the subject of my thoughts; was I focusing on what I wanted or the absence of what I want in this subject?

Step three: Choose more pleasing or soothing thoughts about the same subject OR completely stop the momentum of that subject by choosing other more general thoughts and feelings that feel good.



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Here's a story to illustrate this activity. Let's say I'm worrying about not having enough money to pay my rent this month. My brain spins and spins in this thinking, until I have a major stomach ache and I feel sick. The "I don't have enough money" dialog keeps running in the background for several hours before I am even consciously aware that it IS, and I suddenly realize I feel TERRIBLE. I am so afraid I won't have rent money. And it's already the 10th! What if I won't have enough money to pay my rent by the 30th? I'm scared I will get kicked out of my apartment. People will find out I really don't have a lot of money. I am so embarrassed about that! What can I tell people if they find out? Why did I just buy those pair of sandals last week? I'm so stupid! I knew that was a bad idea.

Eventually, this thought pops into my awareness: I have a stomach ache, and feel rotten. My body is telling me that whatever thoughts I've been having are causing a huge internal ruckus. That's STEP ONE.

So I will ask myself, "What is the subject of my thoughts?" (That's STEP TWO) The subject was money. And was I focusing on the HAVING of money, or the fear that perhaps I wouldn't have enough? I was focusing on the fear.

STEP THREE is to either choose a more soothing thought about money or choose completely different and more general thoughts about a totally different subject. In the above example, I may remind myself that I always work everything out with rent, and I've never been late. I may also remind myself that it felt really pleasing to buy the sandals, as I had wanted them for months and they were deeply discounted finally. The timing was perfect! If I've been irrationally scaring myself for too long, I may simply say something like this, "I am aware that I have had those thoughts running through my head for the whole morning. I am also aware that I can choose more pleasant topics with more soothing thoughts so that I feel GOOD. I will gently guide myself to one of those topics now, and I am so pleased with myself that I went through this process. Next time, I desire to get faster at noticing my process!

Please journal what came up for you in this activity as you will use this again later.