



Embodying Your Emotions

This month we're expanding the range of emotions that we have access to and can express.

We can be so disconnected from our emotions that we have trouble even recognizing what we're feeling. Many of us have been taught (or taught ourselves) to hold in our emotions, and may have gotten so good at it that we push them down before we even realize that something's bubbling up. It's like we've been living in emotional straightjackets.

When we practice embodying emotions, we lay down the neural pathways for accessing them. We give our whole system the message that we can feel each of the emotions **and be okay**. *We have the experience of surviving what we've been avoiding.*

Having more access to a full range of energy and expression is like getting to paint from the complete spectrum of colors rather than a favored (and safe) few. This greater freedom of expression brings more authenticity, playfulness, and creativity to our lives, and oh the joy of it!

What's also important is that **your emotions connect you with your primal self**. Your primal energy (located in the primal or "reptilian" brain) is part of your connection with your body and a large part of your subconscious. You get more access to your subconscious when you get more comfortable with your emotions and expressing them.

The more you love and embrace your subconscious, the more conscious it becomes and the more you have access to that power. You can then direct it purposefully, in alignment and in integrity with your values and goals. This is so much more powerful and helpful than having it seep out in indirect, messy ways that aren't respectful or aligned with your intentions.

Embracing all your emotions is a big part of loving yourself. If you can't love and accept your emotions, you aren't fully loving and accepting yourself. Let that sink in a moment. If you don't love your anger (or your tenderness or your disgust), you aren't fully loving yourself. This non-acceptance is like a boulder in the middle of stream, disrupting its movement and possibly damming up the water, cutting you off from the wisdom each emotion brings you and from its flow of energy.

Ready to do the top-down exploration in preparation for the bottom-up experience?
Let's go.

The wisdom of each emotion may come to you as you fill this out. If it doesn't, don't worry. You're likely to get insights during the experiential process, and more may show up spontaneously over time. Just hold it lightly and with curiosity, and be willing to guess.

My experience with anger:

When it comes to expressing anger,

The wisdom anger brings me includes:

My experience with disgust:

When it comes to expressing disgust,

The wisdom disgust brings me includes:

My experience with shame:

When it comes to expressing shame,

The wisdom shame brings me includes:

My experience with fear:

When it comes to expressing fear,

The wisdom fear brings me includes:

My experience with pleasure:

When it comes to expressing pleasure,

The wisdom pleasure brings me includes:

My experience with joy:

When it comes to expressing joy,

The wisdom joy brings me includes:

My experience with love:

When it comes to expressing love,

The wisdom love brings me includes:

If I fully own being the Queen/Sovereign of Emotions,
