



Finding Peace in Being Human

the emotions field guide

by Rachel Anenberg

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in
Being Human**

The Emotions Field Guide

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Dedication

*Lovingly created for the healing and
progression of Humanity.*

Introduction

Emotions are an inescapable part of our human experience. Yet we are provided with few tools to navigate or understand our emotional worlds. “Mental health” is a commonly spoken phrase, but emotional health, and spiritual health are rarely uttered words.

It is rare to encounter an adult who can fully nurture their emotional and spiritual growth. This is an endemic issue in the modern western world. Our emotionally suppressed lifestyle is normalized, while aspects of our souls go missing from our daily lives, and from the collective humanity.

Emotional life is precious, in that it is the spark of self-actualization. As children, our emotional lives are so open. We are ready to create and state things as they are! This life becomes suppressed by way of conditional love and social conditioning.

My aim is to provide you with the context and tools to navigate your emotional experience, so that you can tap into the unexpressed life within you, take hold of your inner world, access your creativity and fulfillment.

Poverty of Soul

Little time and opportunity are given to nurture the soul. Our social order is designed according

to obedience rather than creativity. The result is self-suppression. This can be traced back to childhood when we were groomed into rules, rather than nurtured according to our natural talents and relationships to one another.

Why should you be a doctor when your optimal growth and maximum contribution come from your natural talent as a marine biologist? Why should you work from 9-5 when your natural physical rhythm makes you a night owl or an early bird? Had we been nurtured into our souls, rather than traumatized away from them, we would collectively create a very different kind of free world.

We agree to the routine because we have forgotten that we have an important task in this life – the development of the soul! We can reclaim the self-exploration that we missed out on, access our innate gifts, and genuine self-worth. It is likely that you do not even know what your innate talents are because you were pulled into a trained routine before you could figure that out. How could this not be painful?

Self-suppression is normalized and we scratch our heads about the increasing rates of depression and anxiety. We were not given the chance to lock into our abilities, and *therefore believe that we have nothing to give.*

Heart Centred vs Trauma Based Living

We have been taught that love is limited and conditional. Primarily, love is conditional upon performance. Performance is evaluated by appointed authorities. As a result, we associate love with “winning”, believe that we come up short unless deemed otherwise, and become invested in a game of social survival. We learn to dislike ourselves, and compete with each other. This competition is based on the confusion of wealth, status, and power for love and personal worthiness.

Straining against the ego becomes exhausting. (I need, I must, I have, I do not have, I am not, I must succeed, I must be, I must have...and I DON'T!!!). All for the purpose of proving that you have a smidgen of worth. This is a sharp contrast to working for your heart. The challenges that are encountered on the way to achieving the heart's goals build depth of character, evolve the soul, infuse the struggle with meaning, and never put your personal worth into question.

The Art of Fulfillment

There is fulfillment in giving. Whether we believe it consciously or not, we are trained to believe that the greatest success in life is marked by what we have obtained. We associate material wealth and social power with fulfillment, but in fact, the happiest people value the inner gems of

generosity, compassion, and integrity. To love others is to love yourself. To love yourself is to love others.

We can meet desire after desire after desire, and by becoming efficient in doing so, may finally recognize that the emptiness remains. Many of these desires spring from a false self. They would cease to exist if the wounds of abandonment, oppression, and conditional love were healed. We have not learned to live meaningfully as an expression of happiness, but rather to chase after happiness as an expression of a wounded heart.

Self-Involve or Self-Care

When you cut yourself, you tend to the wound in order to heal it. Once the healing is complete, you can focus elsewhere. When we do not self-care our inner lives, we create inner states of disease and cause a kind of self-involvement that is not to our benefit. This state even disables our ability to contribute responsibly to the benefit of others. We can become hostile, bitter, greedy because we are in pain. In taking responsibility for our personal healing, we give ourselves the right kind of attention, and in turn are able to commit to a responsible co-creation.

Natural Rhythms

We have many reasons to over power the needs of our bodies, including; survival needs,

temporary circumstances, belief that there is no other way, and soothing emotional wounds. Different people have different thresholds for how far they can push.

Most social structures do not accommodate individual internal rhythms. There is a natural order to your life. This order is as unique as the energy pattern of your soul.

Learn to recognize your needs and teach yourself to honour them. This can often be a big challenge, because many of us had our personal boundaries consistently devalued when we were children. We repeat the pattern upon ourselves as adults.

It is very challenging to be emotionally, spiritually, and physically well when you disagree with your personal boundaries. Do not expect yourself to get it perfectly right, and do not underestimate the power of subconscious beliefs that seize your emotions, and push you to deny your own needs. Living by a daily schedule that has been pre-arranged may not be in the best interest of your body or soul, and this includes your parents and your boss! My prayer is that we all give each other the freedom to be well.

The Power of Healing

Many emotional traumas from childhood are caused when our caregivers do not allow us to

have our emotional experiences, do not see our emotional experiences, or condemned us for our emotional experiences. This is essentially abandonment. This is part of why we do not know what to do with our emotions, even rejecting ourselves when we do feel, and ultimately emotionally abandon ourselves.

It is important to remember that you have valid reasons for feeling negative emotions. The traumas of the past can colour our present life, and the unresolved pain can filter up and through. Healing is a process of restoring your inner balance and order. You have a right to inner peace and to your creative potential. Emotional healing and emotional mastery are one of the keys to unlocking your full potential.

1

THE WORLD OF EMOTION

Emotion is a powerful and universal human experience. Emotions sabotage us and they serve us. They block our creativity and they energize it. They damage our bodies and heal them. They create the atmosphere of war, and support communal well being. We are uplifted by our emotions, and pulled down by them.

Our embodiment give us the ability to feel emotions. Without the body, there is no emotion. This leaves us no choice but to master them. Emotions are not a scary thing. We simply never learned what an emotion is or how to feel one.

You had to learn how to drive a car, but nobody ever sent you for a feeling license. The sooner you master the flow of your emotions (instead of avoiding, suppressing, or denying them!) the sooner you can use their energy to empower your life, your health, and your soul.

You need tools to discharge negative emotions, tools to integrate the positive ones, and tools to keep the inner balance.

It is fatiguing to resist emotions and isolating to hide them from others. The trapped energy of emotions disturbs the health of our bodies because emotions use the same pathways of communication as our organs do.

No Tools, No Voice, No Thunder

When we do not give voice to our emotions, we find ourselves feeling stuck. If you think of the flow of your life as a river; blocked emotions are like a dam that stops the flow. Suppressing or avoiding emotions traps us in the very states that we want to avoid and causes life to stagnate.

When we actively suppress emotions, or take actions to avoid emotions – we are handling our emotions *indirectly*. I want you to have all the tools you need to experience emotions actively and directly. This puts you in charge.

Although we can dissociate from our bodies to avoid emotions, or distract ourselves from them

by becoming busy, shut them down with will power, or replace them temporarily with activities.... the energy of emotions does not leave the body until we allow it to leave the body. Some things you might notice about avoiding emotions:

We get busy. The more time we spend working, attending social functions, and re-organizing our closets the less time we spend consciously feeling. In other words – distraction until bed time.

Alcohol, cigarettes, and drugs. These substances alter our moods and can be a form of self-medication. Until we heal the past emotional pain, and master the emotions that come up day to day, we will look for external relief.

Seek pleasure. This corresponds to the point above. We can only handle feeling bad for so long, and will find ways to experience good feelings if we struggle to self-generate them (there are good reasons for this too, and you are not to blame). Sex, food, and Netflix binges come to mind.

Caffeine. Caffeine is often a solution for sleep deprivation and is linked in with the 'being busy' strategy - we even avoid rest to avoid ourselves!

Rationalize. We can get pretty good at telling reasonable stories about why we will not go to

certain places, see certain people, or do certain things. It can be valid, and you should respect your personal boundaries, but it is important to take a good look to see if you are avoiding opportunities in order to avoid the emotions that would come up.

Criticize. We get busy fixing everything and everyone else. This is a form of projection.

Dive into fantasy, movies, video games, internet etc. You can tell if you are using this instead of feeling emotions if you experience relief while doing it and stress once you stop.

You do not have to act **out** every emotion that you feel. You may have already experienced how they eventually come out in surprising ways when you resist them! When you are aware of what you feel you can use be in control of how they come out, use it to your benefit, and make the choices that serve your greatest good.

Many of us believe that we are at the mercy of our emotions, so we try to run from them. This is simply not the case. We can absolutely work with the energy of emotion.

Emotional self-awareness creates the foundation for self-confidence, healthy boundaries, creativity, and generally good emotional hygiene. Emotions are important signals.

Basic Principles of Emotion

- 1.** Emotions are bound to the body.
- 2.** Emotions are observable. This means that an emotion is not who you are, but rather an experience that you have.
- 3.** An emotion never lasts forever, it gives rise to the next one.
- 4.** Emotions are positive or negative (valence).
- 5.** Emotions are strong or soft (intensity).
- 6.** Emotional life can be rigid, balanced, or chaotic.
- 7.** We have conscious and subconscious emotions. They go subconscious when they are linked to unhealed trauma or when we believe they are not acceptable.

THE ANATOMY OF EMOTION

The Energy of Emotion

Emotions are energy patterns. Each emotion has its own specific energy pattern, like archetypes. Anger, joy, shame, and gratitude all have a pattern of movement, have a unique effect, and they all *feel* different to experience.

The effect that these each energy pattern has on the body, minds, and actions is different as well. For example, the way that you breathe, think, behave breathe relative to a situation when you feel fear is different as compared to when you feel enthusiastic, guilty, or joyful.

Emotions have an energetic quality to them. The energy has an effect on your body, your mind, and your spirit. The basic polarity of emotion is that its energy can be vitalizing (creation oriented) or depleting (destruction oriented).

The energy of each emotion has a corresponding physiology (energy) and mindset (consciousness). The energy of emotion is felt in

the body as physical sensation. The body signals with neurotransmitters, hormones, and electrical impulses (coordinated physiological and neurological processes) which become the states that we call emotions.

Prolonged states of gratitude transform feelings of depression and anxiety, and promote acts of generosity. Shame is possibly the most painful emotional experience and often suppressed. Intense fear can be immobilizing or scattering (you can find yourself completely frozen or totally flustered). Anger is a natural reaction to a boundary violation. In anger the nervous system will activate the body into 'fight or flight' settings to take defensive action. However, over time unresolved anger can cause increased inflammation in the body. This means that we must value our anger, but also learn how to move through it once it has served its purpose.

The Scale of Emotion

Understanding that emotions represent certain states of being, will help you to travel them. You can think of emotions as a musical scale on a piano. The lower notes of the piano represent the lower frequency emotions, like shame, fear, and guilt. The higher notes on the scale represent the highest frequency emotions like love, trust, and gratitude. These states can be actively transformed up the scale and down the scale. The

emotion can feel negative (low notes) or positive (high notes). It can be intense (loudly played) or subtle (softly played).

Emotional experiences are relative to one another. For example if you feel guilty, then anger feels positive. If you feel joyful, anger will be experienced as negative relative to the joy.

Body-Mind-Brain

Your emotional life is influenced by your body, brain, and mind. This means that not only can you actively work with the energy of arising emotions to your benefit, and deliberately create the ones that you want to feel; you can transform your brain, body, and mind so that they are primed for a balanced emotional life. There are many tools at your disposal to do so, and I will provide some to you in this book.

NB - When a negative emotional experience is persistent beyond the basic practices, deeper healing work may be of value. Emotions can be locked into the body with traumatic memories and so need to be released as part of the process of healing the associated trauma or karmic knot.

Emotions Happen in the Body

How do you know what you are feeling? We experience emotions as sensations and visceral states, so your body lets you know. Is your heart

rate slow or fast? What about your breathing rate? Do you notice a pressure on the chest, or an open feeling? Do you experience any sensations anywhere else on the body? What kind of sensations? (eg: tingling, itching, stinging, bubbles, tickling, fuzziness). Your brain and body hold the record.

Your diet is also part of a balanced emotional life. You may have heard that gut health has a direct impact on your mood. Maintaining stable blood sugar can help reduce anxiety and keep good adrenal health which is protective against stress. Vitamin B is also protective against stress. If you feel that your mood could be connected with your diet you should seek the advice of a functional nutritionist. Toxicity in the body can lead to irritability, invite unwanted guests (like worms), and just make it harder to feel vibrant. Research some cleanses, get loads of fibre, and get hydrated! Every piece of the puzzle is important because all the pieces are interconnected.

Exercise is also a great way to get your body to cooperate with your mood. Physical stability and strength will translate into emotional stability and strength. Find something active that you enjoy doing where exercise is a joyful side benefit!

Emotions Happen in the Mind

We have names for our emotions. We recognize the signals of the body, and label them according to the names we have learned. When we felt happy as toddlers, our parents could say 'you are happy!' (this is called mirroring) and we learned the word for that emotion. If our caregivers were not able to mirror properly, we can experience confusion about what we are feeling, have a hard time identifying what others are feeling, and even feel chronic emptiness.

If we learned that it is wrong to feel angry or fearful, we might pretend that we do not feel those things. This denial makes it impossible to work with the emotions because we refuse to look at them and they get stuck inside.

If you are aware of doing this with certain emotions, it is important to ask yourself “what could happen if I feel ____.” or “what does it mean about me if I feel ____.” You can start to pick it apart and question your beliefs about emotions.

Your emotional experience is always accurate. What is not always accurate is your mental perception. We can come to conclusions that are based on inaccurate or incomplete information. These conclusions will still make us feel a certain way. Like the time you thought that your friend was ignoring your calls, but really forgot her

phone at home that day. Or how your Uncle believes that anger is bad so he pushes it down.

(By the way, the process of naming the emotion you are feeling can calm you down because naming what you are feeling puts you in the position of an observer and corresponds with the activity of cortical brain. Labelling your emotion is kind of like watching the train go by vs feeling railroaded by it).

Emotions Happen in the Brain

Our emotional life can be based on out of date information. This information is often rooted in past trauma. When we have a bad experience, the emotions of that experience are coded in the brain and body. The emotion acts like coloured glasses, where the trapped/encoded emotion is projected onto present life. When emotional energy is locked in with trauma experiences, it can be good to have the facilitation of a trauma healer in order to release them.

The brain grows in stages. Different parts of the brain develop at different points in life. From birth to 6 years of age, the brain is developing its ability to regulate your emotions. This is why talking therapy alone sometimes does not work. When we are working with early life traumas, therapies can be targeted to heal the area of the brain that were stressed under development. Therapies like EMDR, rhythmic movements,

certain energy healing, and drumming for example can teach the brain get your body calm, when it did not get the chance to do so during the first stage of your growth.

Healing the Brain to Train Emotions

When you experience an emotion regularly, the brain will grow neural connections, neurotransmitter receptors, and increase the activity of brain regions that correspond with that emotion. It is like priming a pump.

The brain scans of long term practitioners of mindfulness meditators have shown increased activity and size of the brain regions that correspond to love, self-confidence, and processing emotions.

When you make a daily practice of gratitude the mind will perceive situations more positively. You will be able to see the positive opportunities and snatch them up! When we are in the habit of feeling cynical, we often do not even see these opportunities and they pass us by.

You can change the shape of your brain with other practices as well. Breathe work, trauma release therapies, time in nature and with animals, and nurturing activities give us experiences that develop the brain to our benefit.

We can create emotions deliberately by focusing the mind specifically. We can teach our

minds, brains, and bodies to have a positive emotional bias. This means that if we practice gratitude on a daily basis, our brains and our behaviours will change according to gratitude. This practice can resolve feelings of depression and anxiety (that are not based in unconscious wounds), and will create emotional strength to heal the unconscious wounds when you are ready.

Heart-Brain

Heart-Brain coherence is when the frequencies of the electrical waves of the heart are coherent with the frequencies of the electrical waves of the brain. This state of coherence has been associated with mental clarity, emotional balance, and better physical health. Heart-Brain coherence can occur spontaneously in sleep, and also be induced by intentionally generating positive emotional states (for example in states of gratitude, compassion, and good will).

Cover Emotions

A cover emotion is a form of emotional protection. It is like a suit of armour, designed to protect the feeler from an underlying, sometimes unconscious, emotion. The “real” emotion is like the person inside the suit.

A person who feels grief and wants to feel better may instantly choose anger in its place.

Anger masks the grief, and provides the energy needed to accomplish daily tasks. This can work for some time, however the anger will not go away until the grief is healed. Over time, anger can damage the body, and also pushes people away causing social isolation and feelings of loneliness. This is a particularly difficult pattern to endure because grief requires connection to complete. Until the underlying grief is healed, the anger will continue to act as its champion, causing damage to health and relationships in the process.

3

THE BASIC TOOLS

Here is a little compendium of tools for emotional navigation. Try these out and choose the ones that you like best.

The Three Keys

Imagine a crying 1 month old. The baby is fed, clean, rested and will not stop crying. You can treat an emotion as if it is this baby. This baby cannot stop crying on its own because its brain is still growing and learning how to calm down. To discharge the emotional energy and restore inner balance, this baby needs an adult who can do three things

These are the **same three things** that you must do when you address your own emotions:

1. Be Grounded (Body-Centered)
2. Be Present (Aware)
3. Be Unconditional (Allowing)

The Grounding Techniques

Your body is the container of your emotions. Here are some techniques that you can use to ground into your body, and establish a calm

body-centeredness.

Breathing: Breathing in special ways changes your brain waves, relaxes your nervous system, and expands and contracts your torso which allows you to sense the boundary of your body, and feel contained in that.

Basic Diaphragmatic (Abdominal) Breathing

Diaphragmatic breathing stimulates very important cranial nerve called the vagus nerve. This breathing cues your nervous system to relax.

Place your right hand on your belly and your left hand on the centre of your chest. **Inhale** through the nose. As you inhale, feel the belly rise. Count to 4 as you inhale. **Exhale** through the **nose**. As you exhale, feel the belly fall. Count to 4 as you exhale. Eventually extend the exhalation to be longer than the inhalation.

Breathe. Allow your full presence, your whole consciousness, to melt into the breathe. Feel your body relaxing into the breathe. Inhale expand the belly, exhale allow the belly to fall. Feel the support of the chair or the ground beneath you as you relax into it. Strong spine. Soft muscles.

Think of your skin as the boundary between your inner life and the outer world. You are safely contained in your body. Inhale and notice the

boundary expand. Exhale and notice the boundary contract. Continue to breathe.

Breathing for Emotional Healing and Alpha State

Place your right hand on your belly and your left hand on the centre of your chest. **Inhale** through the nose. As you inhale, feel the belly rise. **Exhale** through the **mouth**. As you exhale, feel the belly fall. Repeat 10 times. On the 10th inhale, hold your breath until your body lets go of the breathe spontaneously.

Other Grounding Techniques:

Squeezing: In a sitting position, place your hands on the outside of your knees. Press your hands into your knees, and your knees into your hands. Press hard so that you feel the resistance. After 8 seconds, release. You will notice a sensation of relief. **(Good for fear)**

Palms: Take a seat. Place you hands on your lap with your palms facing up. Breathe. **(Good for anger)**

Bilateral stimulation: Hug yourself: One hand across your chest and under the armpit, the other hand across your chest and on the shoulder. Experiment with which hand feels best to have on your shoulder. Hold. Or, Cross Your legs.

Energy Currents: Join your thumb, middle finger, and ring finger at the tip. Do this with both hands and rest the back of your hands on your lap. *(Good for stress or anxiety)*

Heart Hands: While standing, sitting, or lying down, place your left hand on your thymus gland and your right hand on your heart. Allow the pinky of your left hand to touch and align with the index finger of your right hand. Focus gently on your heart and breathe.

Unconditional Presence Practices

Mindfulness Practice

Mindfulness is the practice of unconditional presence. This practice is not for the faint of heart! It can feel very uncomfortable to do a mindfulness process on your emotions, because what you are doing is allowing yourself to experience the sensations of the emotion. Not all emotions feel good in the body, which is part of why we started to avoid them in the first place!

Preparation

Imagine yourself standing on a bridge over flowing water. Your body is like the bridge. The water is your emotions. You are not going to jump into the water and be taken by the current of water. You are going to stand on the bridge and observe the flow. Mindfulness is the practice of standing on the bridge as a witness to the flow

of water, in this case, the flow of your emotions.

The Practice

- 1.** Close your eyes and bring your attention inward. Inhale. Notice the expansion of your body. Exhale. Notice the contraction of your body. Think of your skin as the boundary between your inner life and the outer world. You are safely contained in your body. Inhale and notice the boundary expand. Exhale and notice the boundary contract. Continue to breathe. Strong Spine. Soft muscles.
- 2.** When a thought arises notice the thought. See that when you notice the thought, it is there. You have no job with that thought except to notice it. This is called 'witnessing.' Practice by resisting the urge to respond to the arising thought with more thoughts. Breathe. Return your focus to your breathe when you can.
- 3.** Emotions can arise spontaneously, or in response to a thought. When an emotion arises, notice this as well. Respond to the emotion in the same way that you would respond to the emotion of a child. Unconditional presence. Give it your attention without judgement. It is there. You have recognized it. Just observe and notice the sensation. Practice resisting the

urge to add new thoughts (analysis) or emotions (more energy) to the event. Return your focus to your breathe when you can and continue to practice non-reactivity and kind receptivity to your inner stirrings.

Working Emotional Energy with Consciousness

Unconditional presence means acknowledging your emotion, and not requiring it to change while you stay fully present to it. The emotion will change spontaneously when the energy is discharged. Your job is to allow the energy to pass, by watching it unconditionally.

When it comes to feeling emotions, resistance is unhelpful in the long run. *A judged emotion is a trapped emotion!*

The grounding strategies above can help you to get settled in your body, which will make it easier to contain emotions. Mindfulness practice will help you to observe the passing emotions, without getting caught up in their energies. It's also a loving way to orient towards your emotions.

Remember, an emotion is not a permanent state. This is physiologically impossible. *Your emotions are passing energies.*

Presence Technique

You may have a recent experience that is causing some emotions to stir up, or you may simply want to do this technique as a daily practice. The goal is to practice presence with your emotion by feeling the sensations of it, instead of telling a story about it. This will show you that emotions pass when you allow them to, and help you to take pause between “Emotion” and “Action” in your day to day life.

- 1.** Close your eyes and bring your attention internally. As you inhale notice the expansion of your body. As you exhale notice the contraction of your body. Think of your skin as the boundary of your inner life. You are safely contained in your body. Inhale and notice the boundary expand. Exhale and notice the boundary contract. Continue to breathe. Strong Spine. Soft muscles.
- 2.** With your internal focus still on, notice and name the emotion that you feeling. How does it feel in your body? Let go of the story, and allow your attention to fall on the place in your body where you feel sensation.
- 3.** Allow the sensations to occur. Notice them. Name them. Is it a stinging? Is it a tingling? It is a pressure?

4. Observe the sensation and surrender to it. Do not try to change it. Just watch it. Breathe. Witness it. Where on the body do you feel the sensation? What kind of sensation? Simply observe it. Do not judge it. Avoid telling stories. Allow yourself to surrender to the sensation and observe it. It will transform.
5. You will notice that the more allowing and surrendering to the sensations you are, the faster they will change. However your goal is not to change the sensation. Your goal is to give it unconditional presence. Once one sensation passes, you will feel the next one arising. Continue as above until you are happy with the sensation that you feel.

Generating Positive States

Anchoring Practice

Think of a time that you felt most alive, vital, happy. Close your eyes. Remember: What were you seeing? Hearing? Doing? Touching? Smelling? Get in tune with the sensations of these moments.

What colour is the happiness, the vitality, the joy? Where in the body is that colour? What shape does it have? See the colour intensifying. As the colour intensifies, feel the positive

emotions amplifying as well. See the colour brighten and the shape expand and surround your body. Feel the positive feeling getting even stronger. Feel the happiness, the aliveness, the vitality. See the colour. Saturate yourself with the saturate yourself with the colour and the feeling. Breathe it.

Gratitude Practices

The key to all gratitude practices is genuineness. For it to work, You need to feel the gratitude in your body for it to have an effect. It is important that you consider only what you truly feel grateful for.

- 1.** Write a letter to someone you feel grateful to.
- 2.** Gratitude journal. Every morning, lunch, and evening, write down in your journal what you feel genuinely grateful for. You can repeat things, they can be simple, or big. The soft feel of your sweater, the puffiness of the clouds, the stranger who held the door...
- 3.** Place your hands on your heart. Close your eyes and connect with your heart. Breathe into your heart and recognize its unconditional power and service to you. Deep breathes.
- 4.** Write lists of things that you feel grateful

for, write gratitude notes and post them around the house, put a gratitude note in your pocket, your wallet – any place that you look often.

Compassion Practice

In a seated position, use the abdominal breathing technique. When you feel relaxed, place your hands on your heart (Heart Hands, Prayer Hands, or one hand as you wish). Wish wellness upon yourself, upon another person, upon a pet, upon a group of people. What you feel will always come through you first, and so you will benefit from the compassion that you feel for others.

Simple Energy Work for Emotions

Use this practice to erase the negative energies of superficial emotional pollution.

1. Sit down with eyes closed and bring your attention to your breathe. Notice the perimeter of your body as it expands with your inhalations and contracts with your exhalations.
2. **Establish your boundary.** Relax your awareness and bring the centre of your attention to the centre of your heart. Gather yourself gently and firmly. Make the internal statement "I am the sovereign of my total being."

3. Envision a white and gold ball of light in the centre of your heart. See it grow around you and enclose your body in a egg shape ball of bright golden-white light. With your love infused will - you make the statement: "Without harm to myself or surroundings, I am erasing and transmuting all negative emotional energy patterns within me and surrounding me."
4. You allow the coding of this statement to work on your energy system and fields as it clears out and cleans up the emotional pollution.
5. To close your practice (you will experience a sense of release and relief when you are finished) seal yourself with the golden-white light and the energy of gratitude.

A Note About Trauma Release Therapies

Emotions can be entwined with traumatic memories. These are often the persistent, negative emotions that we just cannot shake off. We can be unaware that our emotions are linked to trauma because the subconscious has stored the traumatic memory separately from the emotion that we feel. We can feel it, but we are not in touch with the memory. These memories can be pre-verbal (i.e. before you learned to speak language) and may even go back to past

lives. Trauma release therapies should be guided by a practitioner of trauma healing.

INTRO TO FREEDOM REALITY

Fear is one of the most challenging human emotions. The energy of fear scatters our minds, stresses our bodies, and disconnects us from the unique power of the heart. In the state of fear we act and think in ways that we would not do from a higher state of consciousness. Fear is insidious in that it makes you believe that you need it in order to survive.

The practices provided in this mini-guide will support your body, mind and heart to resolve the energy of fear. Healing through trauma release therapies will further liberate the body from states of fear that are encoded in the nervous system. You are the master and commander. Not fear.

Your inner life is precious. It is the space of your soul and the fertile grounds of your creative life. The free expression of your inner life (aka authenticity) is one of the pillars of a free world. Authenticity will allow you to create the life you want to live and are meant to live. It also paves the way for others to do the same.

Your personal liberation is the key to your purpose and the vehicle to a free society. Your freedom begins with your connection to your inner life. The mark of courage is authenticity in the face of fear - To speak and act your heart-based truth to all faces, including to the face of fear.

I hope that you have found these pages helpful to your inner peace.

In Love,

Rachel