

Feel it to heal it

This is a practice to connect with your emotional body by really feeling what is there.

Find a comfortable position and quiet space.

Begin by bringing your attention to the breath.

Observe its pace, sound, feeling. is it slow and deep, short and shallow?

Breathe in for 4 and exhale for 6.

Continue this until you feel your mind start to slow down.

Begin to draw your attention into the body.

Scan the body from head to toe, starting at the crown of the head, down the throat, into the chest, through the abdomen, down the legs, and into the feet.

Draw back your attention solely to the inward and outward motion of air in and out of the nose,

Observe if you feel any areas of constriction, tightness or tension in the body. Is there any particular area you are drawn to? e.g the heart....

If identified, place your focus solely on this area, and breathe in deep to fill the area with oxygen. Give it your undivided attention. Place your hands on the area if it helps strengthen your connection with it.

Ask whats going on? how do you feel? Describe how it feels - does it have a shape? size? colour? texture?

Is it moving, still, spiralling, solid, stuck?

Is it anxiety, stress, tension, panic, calm, fear?

Listen to any feeling's or words that arise, without judgement.

Explore any emotion that arises further, give them a voice and space, listen attentively, and lovingly.

If it is a painful thought/emotion, You may ask does this stem from conditioning and is it really true?

Discomfort may arise, sit with it. What does this area need to feel calm?

Does it need love, softening, holding, space, freedom, movement?

Invite the energy to free up, and allow it the full expression it needs, Continue breathing and softening into the area. There is nothing to fix, only to love.

If a sound wishes to come out let it, maybe a grunt, whimper, a yell,

Release this energy through the out breath, visualising the energy flowing through you with ease. Express gratitude.

Thank you.



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