

Recognise your emotions, reactions and Triggers

Taking time out to ask yourself how you feel, is a most worthy practice. We often convince ourselves that we do not have the time for such indulgences, but giving yourself focused care and attention is fundamental for leading a balanced and conscious life. Many of us have a long history of repressing our emotions and thus it is initially difficult to connect and identify them. By repressing we harm ourselves indirectly, and your body deserves to be honored in all ways.

If we are not connected to ourselves, it can make any deep and meaningful connections difficult, as all on the external is a mirror of our internal relationship with self.

Emotions can be powerful forces in our lives and to be at the helm rather than being controlled by them can give one a lot more freedom in life. Getting to know our emotional patterns and triggers can help us move beyond being controlled by our emotions but allows us to choose with greater awareness, how to respond.

It is beneficial to allow everything to arise, and not to repress as what we resist persists.

Triggers will arise frequently, remember it's ok. It's ok to get annoyed, just practice not letting the emotion decide what you do next, You decide.

Suggested Practice

*Ideal to practice in the moment an intense emotion arises, immediately after or during an argument or triggerpoint.

Take a few minute out to sit in a silent and comfortable place,
devoid of distractions,

Greet yourself by saying hello to your body,

Breathe in and feel the breath entering and travelling through,

Take a moment to simply sit in the awareness that emotion is
running through you,

Shift your focus off of what has triggered you, (subject of an
argument, the person that acted wrongly, the mistake you
made)

What are you now feeling?

Angry? Scared? Alone? Attacked? Frustrated? Embarrassed?

Jealous? Inferior?

Admit what you are feeling. Only you are privy to this
conversation so practice being open and honest with yourself.

To go deeper, Investigate it further.

Can you speak to this part of you?

Where did it come from? How long has it been there? Why is it
feeling this way?

Ask it if it has anything else it wishes to share, and listen
without judgement?

Give it the space to be heard.

Welcome it in, simply holding space without trying to shift or
change anything.

There are no good or bad emotions, what you feel is what you
feel, and is neither right nor wrong.

Accept what you are feeling, integrate it and invite in some
softness into your body,

Then, you shall gain some perspective and clarity.

It can help in the initial stages of this practice to journal what arises. It can take time to develop a practice of simply allow the emotion to be there, and allowing ourselves to see it, without judgement. No need to rationalise. Be gentle with yourself, and quieten the inner critic.

If uncomfortable emotions arise - we often suddenly need to do something, or finish this activity, be mindful of avoidance.

Stick with it! Free your emotions, don't leave them fester.

You deserve it and You are brave!

*Check out my YouTube videos for Guided Meditations
@LightYourselfUp*