

Shifting Emotions in the Moment

How to Release Tension or Emotion in the Moment



An Inner Journey

By SoulMamma of awakendivinefeminine.com

#1 Create a Space

Set the mood for your inner journey in by lighting a candle and / or using vibration to bring you into the process of grounding and of being present.

#2 Tune into Your Breath

Begin by breathing a little deeper.

In through the nose & out through the mouth

Bring the breath deep down into the belly, then diaphragm area, then into the upper chest & exhale the same way - belly, diaphragm, then chest

#3 Connect to Your Power

Call in the part of your that is powerful!

You can call on his aspect of yourself if you become overcome with emotion or you need to bring yourself back to the present

#4 How Old Were You?

Conjure up the emotion or the feeling that has been effecting you today.. Ask yourself:

How old was I when I first felt this feeling?

(If you receive 2 ages - work with the youngest first)

#5 Where In My Body is this Being Held?

See if you can sense, imagine or feel the area of your body that you are feeling this emotion or feeling!

#6 Descend Your Staircase

Create an image, sense or feeling of a staircase in your mind.

As you descend your staircase you are accessing your subconscious mind.

#7 Great Your Inner Child

At the bottom of your staircase is a beautiful safe place in nature.

Here you find your Inner Child-she is the age that you were when you first felt the feeling or emotion you are working on today

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#8 How Do you Feel

Allow your inner child to be held by you, or sit together and be present as you shower her with love. Allow her to feel safe & then ask her:

How Do You Feel?

#9 I See, I Hear or I Feel that You Feel

Allow the first response that arises to not be filtered or judged in any way. You may receive the answer verbally, in emotions or even in symbols. Just allow what comes to come.

Once you have received the answer, refrain from feeling empathy or wanting to rescue or fix. Repeat your Innerchild's feeling to her with these words:

I See, I Hear or I Feel that you feel ___(repeat her words, feelings or symbols here)_____

Repeat & Respond 3 times - each time may go a little deeper

#10 What Do You Need

Now ask your Inner Child: What Do You Need?

Be a witness and just listen & be present

#11 I See, I Hear or I Feel that You Need

The Respond by Repeating her Need in the statement:

I See I Feel I Hear that You Need ____ (insert her response here) __

Repeat & Respond 3 times

#12 Face The West & Release

Both stand hand in hand and imagine yourselves facing the setting sun in the west. Feel the area of your body that this emotion has been held in open and release-letting go of all you no longer need

#13 Integrate or Leave Custodians in Care

Ask your Child if she wants to come with you or stay.

If she wants to come allow her to dissolve into your body as you embrace. If she wants to stay, call in an ancestor or higher power to care for her in this sacred place.

#14 Ascend Your Staircase

Return to this time and place by ascending your staircase feeling lighter, refreshed & renewed on so many levels.

GIVE YOURSELF A HUGE HUG - WELL DONE

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