



Mind 22/03 - Emotional awareness (1)

- ▶ **“Intelligence of the heart”**
- ▶ **“Internal Weather Pattern”**: Certain conditions arise and bring on certain emotions, emotions come and go, they are not personal
- ▶ **Natural life-span** of an emotion is only 1.5 minutes; it is the stories in our mind that feed our emotions
- ▶ **How do you relate to your emotions?** Reflect on what it was like growing up in your family, what emotions were allowed and what emotions were not expressed?

Mind 22/03 - Emotional awareness (2)

Questions for processing emotions

- ▶ **How am I feeling right now?** What emotions do I notice? - **Name** the emotions as you notice them, e.g. "anxiety", "sadness", "joy", "fear" ; notice your **emotional playlist**.
- ▶ **Where do I feel it in my body?** What sensations are associated with this emotion?
- ▶ **How do I relate to this emotion?** - Becoming aware of your internal reaction towards that emotion.
- ▶ **Can I be with this emotion? Can I make space for this emotion?** - Bringing your loving presence and acceptance to the emotion, mentally whispering "it's ok to feel this", "this belongs" or a simple "yes".
- ▶ **Observe what happens** to the emotion now: does it get stronger, does it get weaker, does it transform into a different emotion?
- ▶ **Difficult emotions:** Know when it is getting too much, and if you need to pull back and practice **grounding and self-care**.

