

WORKBOOK

# EMOTIONS: ENERGY IN MOTION

WITH  
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# THE BODY - EMOTIONAL YOUR ENERGY FIELD...

FOR OUR WORK, WE WILL DEFINE 5 CORE EMOTIONS...

**ANGER**

**SADNESS**

**FEAR**

**JOY**

**SEXUAL FEELINGS**

EACH OF THESE HAS A GRADIENT OR SPECTRUM.

**For example:** Anger can range from low intensity anger (like tense, upset, annoyed, frustrated, bored) to moderate intensity anger (like aggressive, disgusted, resentful, irritated) to high intensity anger (like furious, hostile, vengeful, seething).

Recycling can prevent the natural release of emotions which occurs when we get stuck in a cognitive/emotive loop. **Cognition is thinking** and **emotion is feeling**.

**WHEN OUR MIND GETS INVOLVED, WE CREATE AN ENDLESS LOOP THAT CAUSES EMOTIONS TO RECYCLE RATHER THAN TO RELEASE.**



**Now let's break down each core emotion - what it's trying to reveal and how it's dangerous when it's unconscious.**

## **ANGER**

Anger tells you that something is not is is **no longer of service**, or that something is **not aligned** and **must be changed or destroyed** so that something more beneficial can replace it. It tells us that a **boundary needs to be set** or an existing one is being **violated**.

Destruction opens the possibility for **new birth** - when a wild fire burns a dead forest, the heat release the seeds into the newly created fertile soil. That is the intelligence of anger.

**TOXIC DANGEROUS ANGER** is blame, righteousness and criticism.



# FEAR

Fear tells us **something important needs to be known.**

One form involves something that is **not being faced.**

Fear is the body's way of saying **wake up mofo!**

People who like access to fear are dangerous because they don't adequately sense danger and are **often living in denial of reality.**

A second form of fear tells us that **something new wants to be learned.** Fear invites our **full attention and presence.**

EG. **do you remember the first time you drove on a highway?**

Without that fear you could've ran that car into someone else and hurt yourself and others.

This is very different than **UNCONCIOUS TOXIC FEAR** which is almost always **about a made up future.** It is anxiety disconnected from the present moment. It's having a roof over your head, ability to get food water and entertainment while simultaneously being paralyzed by an **imagined possibility that hasn't happened yet.**



# SADNESS

Sadness tells us that **something needs to be let go of**, said goodbye to, moved on from. Sadness is the energy of **loss**, something meaningful is going away. It could be a person, a dream, a vision, a belief or an opportunity.

Someone who can't feel sadness is dangerous because they hang onto old ideas, people, projects, and dreams long after they've served their purpose.

This kind of sadness can be experienced as "to me" consciousness which is steeped in **victimhood and "poor me" thinking**.



# JOY

Joy tells us that **something needs to be celebrated, appreciated, or laughed at** or someone needs to be patted on the back.

Most people struggle with experiencing the highest heights of joy because our society has labeled it as **boastful or being a show off.**

People who can't experience joy are dangerous because they **can't adequately celebrate** and appreciate themselves and others and end up **limiting what could be beautiful moments.**



# SEXUAL FEELINGS

Sexual feelings - the energy of creativity and creation. They tell us that **something new wants to be born**, to be **created**, to come into the world. We become pregnant with **ideas and innovation**.

Sexual feelings are different than sexual lust. Sexual energy/feelings are **what we use to create worlds**.

People who are out of tune with their sexual feelings are dangerous because they **stifle and block the natural flow of life**.



# EMBODIMENT...

*red & blue penotation*

**You cannot heal and feel 'better' unless you start building a visceral understanding of what 'better' FEELS like.**

Reality follows 'state' and as I hope you know by now, feeling does not come from the head - it's an experience, a bookmark of felt sensation that the body remembers.



## red & blue penitance

You may be reading this and honestly feel like I don't know if I remember what it truly feels like to feel good.

AND I GET IT!

Pleasure is not something a woman is trained, or even encouraged to feel. It is bred in our minds to be something that has to be achieved or gets to be earned once we are healed, or accomplished.

**This is a MAJOR space of disempowerment as a female- especially as a leader, and beware- it can colour the entire way that you set up your life.**

You may run your business or your household by the principle that once everything is done, completed, or in-line that you get to relax and feel good. For some women, that moment never comes- AND just the idea that you have to wait for it until you get 'somewhere' is sabotaging your birth right to savor the present moment as you walk the path of daily tasks. When you train more and more to feel safe in the present moment, your body can start to feel warm, welcoming, encouraging sensations as you move through your day.



red & blue penotation

**This week your homeplay revolves around touching in with the felt-sense of pleasure, creating pleasure and tracking pleasure.**

If the word 'pleasure' is not hitting it on the head for you- choose another word.

Sometimes the word pleasure can feel triggering for the reasons I stated above. Perhaps the word is calm, present, relaxed, or even safe. Either way, its a sensation of "blue" that you are creating so that you are not always defaulting into red- which is more addicting. Red is a default, blue is a skill. **Let's get started in sharpening this skill for YOU.**



# red & blue penetration

## ASSIGNMENT #1 - REGISTERING BLUE IN YOUR SYSTEM

Before we can start tapping into more blue, you get to intentionally explore what blue feels like in your body. You have to anchor in this experience so that you can understand what your body does when it's in this state. To begin, close your eyes and go to three experiences that create that feeling of calm and center in your body. If you feel stuck, here are some examples:

- **Petting your dog or cat in full presence**
- **Lying next to your child after they are asleep and taking them in**
- **Emerging yourself in a hot shower or bath**
- **Walking barefoot on the grass and closing your eyes as the wind hits your skin**
- **Staring off into space and allowing your mind to wander (which is actually a way your nervous system re-sets)**



## red & blue penetration

These are just some ideas, but tap into three that land for you. You may even take a day and feel them in real time so that you can touch deeper into the experience and do this exercise at the end of the day instead.

As you think about these three experiences, notice what happens in your felt-sense (the sensations in your body) when you are tapping into these moments. **Immerse yourself** in the visual of this experience- see if you can access your senses- touch, taste, smell, to really re-enact the 'blue' of this moment. Feel free to explore this by bringing in movement, visual imagery, and sensations. **You may notice some of the following sensations:**

- **INNER WARMTH**
- **EXPANSION AROUND YOUR HEAD OR A GREATER SENSE OF PERIPHERAL VISION • RELAXATION IN THE EYES**
- **A FEELING OF MELTING AROUND YOUR BACK AND SHOULDERS**
- **TINGLES OR ELECTRICITY UP AND DOWN YOUR TORSO**
- **ANY OTHERS THAT COME UP FOR YOU**



*red & blue penetration*

c o n t i n u e d . . .

If you move into 'red' see if you can put red down, right next to you and tell your body you will come back to it, and return as best as you can to blue. Take a few minutes to journal what the sensations are for you. You may write this down or voice record it- it could be a bulleted list, or a full visual explanation of the sensations. Once you have a cellular book-mark of these felt-sensations, we can move on to the next part.



## EMBODIMENT PRACTICE:

Create a space for ritual this week that taps you into a daily sensation of blue. The ritual does NOT have to be the same, and it doesn't have to be at the same time every day. When we are used to defaulting into red- which doesn't always have to be "bad," it's just recognizing when our system is very up-regulated in sympathetic state- it's great to start with intentionally anchoring blue into your daily experience.



red & blue penetration

## HERE ARE SOME THINGS I DO TO ANCHOR BLUE IN MY DAY:

PET AND CUDDLE MY PET DOG, BETSY.

**Sensations:** un-knotting of the stomach, heart relaxes, tingles up my feet and ankles, melting of the muscles in my back and shoulders

POURING AND DRINKING MY MORNING HOT LEMON WATER.

**Sensations:** ease in my whole body, head relaxes down, back stretches, knees loosen

NOTICING OF LEAVES ON THE TREES.

**Sensations:** swirl of energy from my head to my stomach, shock of energy from my lips down to my womb, softening of whole body, rush of energy through my upper arms



## red & blue penotation

You will choose a something everyday that puts you in a blue state. You can decide intuitively how to best commit to making this happen, but DO make the space to intentionally anchor this ritual and the sensations in your body. You are also welcome to do it more than once!! And then see how long you are able to hold or sustain the joy in your body.

## TAKE NOTICE!

**Once you are no longer to sustain the Blue, what causes red to come in- is it a fear? Did worry, blame, shame? Observe and track in a journal or share in the group on MP.**



**EMOTIONAL  
PART 2...**

**BODY**



**CUTTING & CLEARING UNHEALTHY  
CHORD ATTACHMENTS**

**WHO IS THE PERSON IN THIS DYNAMIC??**

Decide who this person is. Potentially you have had your clearing conversation and there is still uncomfortable energy there???. This is that person.



*step 1* **SET YOUR INTENTION**

Why are you doing this process??? What is your intention behind it?? Write it on paper number one.

*step 2* **WHAT IS THE OUTCOME FOR YOU?**

How will you FEEL once this process is complete? Write this in present tense as if it has already occurred.

*step 3* **WRITE AN UNCONSCIOUS RAGE/ANGER LETTER**

This is the time for you to express every emotion society might perceive as "bad." Every angry thought. Every revengeful thought. Every spiteful thought. All of the FUCK YOU's. Any irrational thought. Leave no thought unspoken. Nobody but you will ever read this. Allow yourself to really go there... This is your opportunity to let your wound express all he/she felt he/she never got to say. Don't rob yourself of this opportunity.



*step 4* **WRITE THE SADNESS LETTER**

Underneath anger is sadness and hurt. This is the time to let your most vulnerable and sensible truths be expressed. In this letter be so honest without pressuring yourself to have it together. Let the sadness be released, let your sadness be seen. He/she has been wanting a voice and yet our facade to “have it all together” stopped us from truly going there. This is your time to let it all out.

*step 5* **WRITE THE GRATITUDE LETTER.**

This person came into your life for a reason. Those who hurt us are messengers of love. They had the hardest challenge of all, to love us through the vehicle of hurting us. That was their soul assignment. Knowing that there is magic and a lesson to be found in everything, use this letter to express your gratitude to that person. Despite the hurt, the sadness and the rage, what can you give thanks for to this person? What lessons did you learn thanks to it all? What opportunities opened for you, thanks to going through it all? What did all of that help you become?



*step 6* **BURN ALL THREE LETTERS.**

Underneath anger is sadness and hurt. This is the time to let your most vulnerable and sensible truths be expressed. In this letter be so honest without pressuring yourself to have it together. Let the sadness be released, let your sadness be seen. He/she has been wanting a voice and yet our facade to "have it all together" stopped us from truly going there. This is your time to let it all out.

*step 7* **CLEANSE IT ALL AWAY**

**Go for a swim or take a shower.**

Visualise/imagine the water washing over all of those feelings, making it now possible for you to rest in a space of forgiveness and peace.

**THIS PROCESS MUST BE DONE IN ONE SITTING.**

**DO NOT STOP AND START THIS PROCESS!!!**

**ONCE DONE SHARE IN THE MARCO POLO GROUP WHAT YOUR BIGGEST TAKE-AWAY IS AND ANY KEY REFLECTIONS**