

Allowing Your Emotions

“You have to feel it to heal it”

When you're in the away state or when you feel triggered, your mind wants to resist the negative emotion. Deep down you believe negative emotions are bad. But when you judge or resist a negative emotion, you actually exacerbate it, and you deepen its impact.

Someone recently said to me, “You have to feel it to heal it.” A negative emotion signifies that something is out of alignment. The best way to move through it is to feel it and to lean into it. There's a part of you that's looking for acknowledgement.

In this practice, give yourself space to be present with what you're feeling so you can acknowledge the part of you that needs attention. Allow it. And see what comes up for you as you do that.

After listening to the recording, journal on the questions below. Then bring your experience and questions to the coaching call.

Remember, done is better than perfect. And the more you practice allowing, the easier it becomes.

(1) What is the emotion(s) that you experienced? Label it (or them) in 1-2 words

(2) What was that experience like for you? Share everything that came up - whether it was resistance, discomfort or ease.