



FEEL To Heal



Face every sensation. The 1st step to feeling your feelings. Facing means you are willing & wanting to directly get in touch with uncomfortable feelings & sensations in your body. Facing is the opposite of fighting, fleeing, or freezing your feelings. Facing is being a strong rock & not budging as waves of sensations pass through your body until they subside.

Emotions are sensations. They are physiological feelings in your body that are misconstrued as chronic pains & chronic symptoms. The goal is to acknowledge & label your sensations with emotional words that describe how you feel emotionally (fear, anger, sadness, etc.). This makes a healing link between your physical sensations & your emotions.

Embrace all your sensations to erase them. Open up, invite in, encourage, and ask for your feelings to run through you. Bring it on! This is how you overcome any fear to your sensations. Embracing is the opposite of resisting. What you resist persists. Resisting blocks sensations from shifting & changing. Embrace your feelings to erase them!

Love what you feel. It's an important ingredient for healing. Stop being scared, mad or sad at your sensations. These are 2ndary reactions that just make it worse. Tell yourself it's good & you're happy to feel & acknowledge whatever feelings arise. Loving what you feel is being positive. This neutralizes feelings (+1 Love + -1 Feeling = 0).

