

ALIGNED

Transformational Program With Rony Reingold

5 Steps To Allowing Emotion To Move Through You

This formula can be used to let your gripping or uncomfortable emotion move through you instead of taking action from it. Once you shift, you can take action from a more centered, aware and grounded place that empowers you towards alignment.

1. Catch It. Notice that you are in the experience of your emotion. Catch yourself and pause. You may want to remove yourself (i.e. go to the bathroom or outside) for a few moments.

2. Name it. Get curious here - what is this emotion that I'm seeing or sensing? Become the sacred observer of your experience. Ex: Oh, wow, there is a lot of frustration here. Or, I'm noticing anxiety that feels gripping. There is that panicked feeling again. Or, I'm feeling really vulnerable in this moment.

3. Be with it. Simply allowing it to be, calmly sitting with the emotion and becoming the ocean that holds the wave. Breathe and be with it until you feel something shift.

4. Notice what shifted. The shift may be subtle, that's ok. Either the emotion has dissipated, like air coming out of a balloon and you may notice that your breathing is more full and free. Or, you'll notice that you've shifted into another emotion that resides at a deeper layer. Underneath anger is usually hurt or sadness. Underneath anxiety or fear is usually vulnerability. Appreciate the blessing of accessing your truth here and reaching deeper layers of yourself.

5. Release the emotion. If you've breathed into your emotion and it's dissipated you'll notice you'll be in your center again. So just let that original emotion totally release. You can even shake it out of your body or use your hands and arms to let it go. Or, if you've shifted into a deeper layer, then truly honor what's there and let the masking original emotion release. You can put your hand on your heart and give yourself some self love in the moment, having insight for what you can now do or be with since you have deeper awareness of yourself. You can continue back to step 1 with the new emotion if you like or simply honor the deeper layer and return later to explore it. Give yourself a deep breath and pat yourself on the back!