

Welcome to Senses of the Soul. I'm sharing with you a great way to work with your emotions. It is a simple self-therapy of listening consciously to the answers within your feelings. Please take about 10 minutes to go through it. And let me know if I can help you improve your emotional well-being. Blessings, GuruMeher@sensesofthesoul.com www.SensesOfTheSoul.com

The Method: Simple Steps to Work with Emotions for Relief

1. Stop to listen to the emotional messenger.

Sit quietly in a place a time where you can relax and focus. It is best to learn and practice at a time of relative calm rather than when you are upset and highly emotional. Anything that increases your clarity and safety is best: a trained guide, exercise, yoga, and meditation are good examples. Spend several minutes creating calmness, clarity, taking the position of observer of your thoughts and feelings. Now simply call up the feelings you have most often and strongest, or by eliciting a memory that triggered emotion. Relive that memory and pay close attention to your feelings; you will feel the same emotions in present time. Get interested in them. Allow them; let yourself fully feel bodily sensation Sit with the discomfort while finding you can handle it. Explore as a scientist of your own experience.

2. Read the message: Why is it there; what does it want for you?

In your mind, address the sensations as an intelligent entity. Ask your feelings, Assume that there is something that has disturbed your wellbeing; what is that, and why is it not okay with you? Ask, "Why are you here?", "What caused you to show up?", "What is wrong here that I need to know?", or any other question that occurs to you. The answer often comes immediately and more as a feeling, impression, image, or "sense" than as words. It may take a bit of practice to hear this subtle message directly before the mind analyzes, judges, denies, or rejects the message. Just take and trust what you hear and feel even if it doesn't make sense or you disagree mentally.

3. Solve the Situation: Ask your feelings for their solution.

Once you have understood what has disturbed your peace, in the same manner ask the emotions directly what they need for things to be right. "What must I know, do, or say to take care of this, for you my bad feelings to go away and improve how I feel?' What will it take for you to be done and go away?"

If the answer is not clear, ask again. Learning to hear that quick or quiet voice is part of the training, so keep trying if it is not immediately clear. Remember and record these solutions whether they make sense or not, and whether you think you can or will do them or not. Remember to listen first, and ask the mind to analyze and assist with a strategy later, even if just seconds after the answers come. You will see that these amazingly accurate answers come from a place of higher knowing than you mind's thinking can access, and that the mind's proper use is to handle the details and execute the instructions of the soul.

4. Act on this information.

Use the needs and solutions thus gathered to resolve the situation. You will feel better, because the reason for the feelings has been addressed. In fact, you will better immediately in step one; the emotions back off a bit when they have succeeded in getting our attention. You feel a little better again in steps 2 and 3 as the feelings deliver their message. This can diminish the impetus to take action, and where there is resistance to do so it may not happen. The emotions will return again until action leads to resolution. A lasting improvement in your feelings regarding this situation indicates your corrections are working.

5. Continue these steps in this situation and whenever feelings arise, to continually create improvements you require, leading to the high level of wellbeing that your soul knows is possible for you.