**6 Week Course**

Exercise

Adding Your Emotions

Exercise

In the last session you were practicing connecting with your body and linking this with your mind by explicitly naming the parts of your body as you became aware of them.

For this next exercise, you can continue to use your body as a solid foundation and link together not only your mind and your body - but now also add your emotions as well.

This is because, if you think about it, whenever you feel an emotion you feel it in your body - not in the room next door, so by naming these emotions as you locate them in your body, you link the visceral physical brain with the limbic emotional brain and the rational neo cortex brain - helping all three to grow the ability to communicate with each other.

Examples of naming an emotion in the body could be something like:

"I feel anger in my chest"

So this week again find a space where you won’t be disturbed for at least ten to fifteen minutes, take a couple of nice deep breaths and softening your belly. One of the ways to not feel emotions is to tense the belly muscles, so by softening your belly you can begin to unlearn any habits of guarding against emotions that you might have learned.

Now begin to bring your awareness towards your body and start to name to yourself the sensations as they occur. These might be sensations like:

‘I can feel the blanket on my skin.’

'My arms are cool.'

Next, begin to add in any emotions you notice.

For example, ‘I'm feeling anxious in my stomach about doing this exercise.’

As before, it is normal to have more sensations in some areas than others so don’t worry if there are some you can't feel. Also, your ability to connect and feel more will tend to grow with practice.

It is helpful to approach the exercise with openness and curiosity, as you can’t get it wrong.

Then as you go about your day, notice as well when you have an emotional feeling and where in your body it is located. Make a mental note to yourself and you might also want to take note of any intuitions you feel.

Again, all of this will develop and become clearer as you deepen your practice.

Something which will help this along is to write in your journal about what’s been taking place for you, on a daily basis if possible.