



Part 01 - Allow

The first part will be focusing on allowing yourself to feel and to remove resistance

01.01 Mind & Body

Introduction

Trapped emotions can drain our energy, impact our mood, can cause emotional imbalance, affect our personality and how we react to things, but they have also been proven to damage body tissues and organs. It is therefore important to be able to clear emotions that no longer serve us.

Initially, emotions help us respond to threats when they occur by alerting our body to 'fight', 'flight' or 'freeze' as these can keep us safe in dangerous situations. However these emotions often stay in our bodies after the events has passed as trauma. Now this trauma emotions are affecting our everyday lives and they live on in our bodies until we clear them.

Suppressed emotions will make themselves known in weird ways, they may resurface as poor behaviours or uncalled for feelings and emotions for example such as;

Resentment. For example when someone in your life is successful, your immediate response it to pick out their faults rather than admire their accomplishment.

Poor Decision-Making. For example you don't trust that your thoughts or opinions or choices will be "good" or "right" the first time, so you overthink and can't make a decision at all.

Self-Sabotage. For example you may have experiences in relationships that keep repeating themselves, you feel anxiety over similar things and self-sabotage and the relationship ends as a result again and again.

Overreaction. For example you have random, almost completely unprecedented bursts of anger, or cry over small unimportant things.

Increased Stress And Anxiety. For example you become so anxious when anticipating social situations, as you are so scared of being judged by whoever is there so that you tend to avoid them all together.

Procrastination & Fatigue. You simply can't allow for and feel flow in your life, which is a direct response of suppression.

Comparison. For example you exist in consistent comparison to others, you are only as attractive as you are more attractive than someone else, or the most attractive person in the room, and so on.

Instructions

Write down any initial thoughts from the introduction, if you can relate to any of the above reactions or something else comes to mind. Then move on to answer the journal questions, these are just suggested questions for you to answer, so respond in a way that feels authentic and true to you.

Move then on to the meditation, this is guided so if you feel like doing your own meditation works better for you then go ahead and to that, although I'd suggest trying the guided meditations first and then deciding if they are for you or not. If you can, wear an eye mask as it will just be easier for you to get into your body that way. You can do the mediation lying down or sitting up on a yoga mat, or sitting in an sofa or lounge chair as it gives you extra support making you feel safe. Whatever works for you!

The meditation may not work for you the first time around, so you may have to come back to it again.

Journal Questions

- Do you allow yourself to feel or do you tend to hold things in?
- Are you aware of if you allow yourself to feel?
- Are there any specific behaviours that you'd like to change during this process?
- Are there any difficulties that you have in your day-to-day life that you'd like to change?

With the journal questions in mind, Listen to the meditation called

'01.01 Feeling Meditation'

If anything comes up in the meditation that you want to remember or come back to, write it down afterwards!

01.02 Non-resistant

Introduction

Are you ready to let go of trauma and thereby expand as a person and becoming essentially a new person, or at least a 2.0 version of yourself? The aim of this course is to change the subconscious mind by releasing suppressed emotions and thereby thinking and reacting differently.

In the previous section the meditation was for you to explore whether or not a feeling was easily brought up and felt by you. In this section it's more about preparing for the work ahead. You may have heard that you won't experience something until you're ready for it in some way or another, like 'you'll find love when you least expect it' or 'The job will appear when you stop looking'. This is because you're no longer resisting it, you have just let it go, let go of the attachment to the outcome and then it happens. In order for you to move forward with this work you have to let go of the attachment to the trauma and allow for change.

Instructions

In this section we'll start with the meditation, it is meant to give you a bit of a push in starting this journey. So put your eye mask on, headset in and listen into the meditation. Make sure that you're in a comfortable and safe seating position. The meditation may not work for you the first time around, so you may have to come back to it again. After the meditation you can move on to the journal questions.

This meditation is called '**01.02 Fear Meditation**'

Journal Questions

The meditation was set as a start to this journey. It's hard to change who you are as you have prepared, and learnt and adjusted your whole life to be the way you are now, so it is scary to change, especially if your subconscious mind and body is holding you back. The reason for the meditation was an attempt to remove fear. But as you are just getting into this work it might have not worked, but that's ok. You can come back to this exercise.

It has been mentioned before, but worth repeating as it is one of the most important part to this work. You cannot resist the feelings that come up. You have to allow yourself and surrender to and experience the feelings that come up. If you resist then you can't release.

The reason why the focus was on your kidneys in the meditation is because different feelings have a connection to different parts in the body, and fear is usually connected to the kidneys or can be stored there. It's was also a really good test to see if you do attach emotions to body parts or organs or not.

For reference below organs are usually connected to below emotions, and are also connected to an element as well.

- Organ: Heart. Emotions: Order, Anxiety, Joy Element: Fire
- Organ: Spleen. Emotions: Trust, Worry, Over-thinking. Element: Earth
- Organ: Lungs. Emotions: Integrity, Grief, Sorrow. Element: Metal
- Organ: Kidney. Emotions: Wisdom, fear, loneliness. Element: Water
- Organ: Liver. Emotions: Compassion, Anger, Resentment. Element: Wood

...And now to journal questions:

- Were you able to feel fear?
- Did you feel anything else than fear?
- Did you feel that the fear was connected to your kidneys?
- Did you feel a release of fear?
- Did your body react to the fear?