



# The Art of Releasing Emotions

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# What are Emotions?

## **Wikipedia definition:**

Emotions are mental states brought on by neurophysiological changes, variously associated with thoughts, feelings, behavioural responses, and a degree of pleasure or displeasure.



Emotions are your compass, they let you know what direction you need to pay attention.



**“When we have been prevented from learning how to say no, our bodies may end up saying it for us.”**

**Dr Gabor Mate**

# Where do Emotions Start?



Emotions begin with a thought and our thoughts are habitual. We assign meaning to these thoughts and neurotransmitters get released which fire and wire a thought and a feeling together in the brain and body. The more we think this thought and feel that emotion, they wire together and strengthen in our subconscious mind. Our subconscious mind then dictates our life, and we experience an emotional addiction because our body then becomes dependent on that chemical release.



This creates a cycle of reward in the brain, even though the emotion is undesirable it becomes a reward to the brain.

## **To break this cycle:**

1. Notice the thoughts and feelings you are addicted too.
2. Set an intention to release these thoughts and feelings.
3. Change your nutrition (cut processed food and eat whole foods).
4. Use affirmations to replace the thought eg "I feel peace".
5. Be ok that this will take time and your body will resist or forget.



# Your Emotion Mindset

Emotions get a bad wrap, and are often misunderstood or resented.

## **Old mindset:**

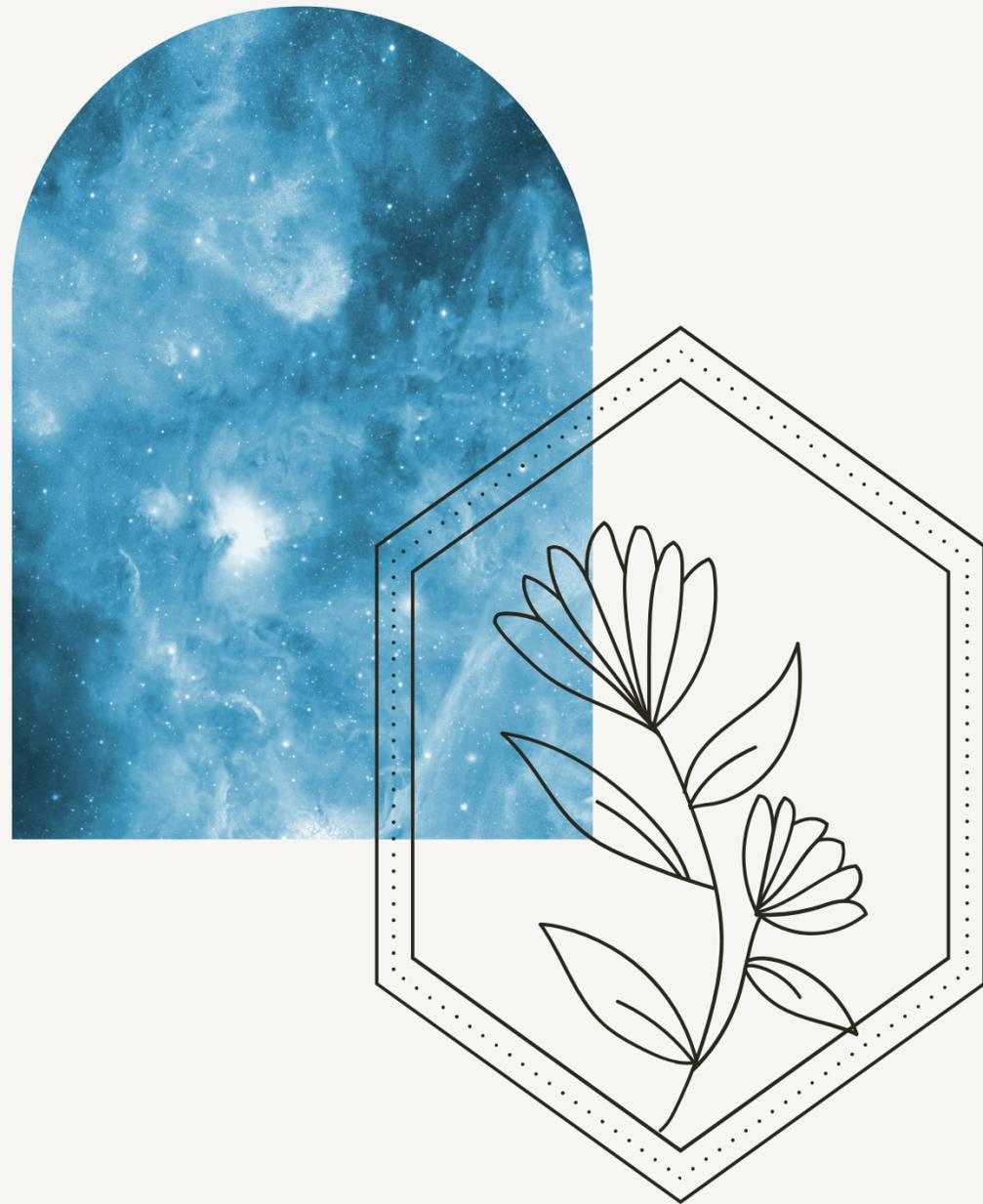
My emotions are frustrating and I need to be positive and happy to be able to live a good life, so I'm going to push these thoughts and feelings away this is the only way to get rid of them. Only strong people get on with it, weak people feel their emotions and are being victims.

## **New Mindset:**

My emotions, feelings in my body and thoughts are communicating something very important to me and my job is to find out what that is. I'm not being difficult, weak or negative, I'm simply honouring where I am right now in order to process the experiences that are stuck in my body to heal. I may not like the emotions, feelings or thoughts that keep coming up, however I'm learning to listen to myself and take care of what I'm feeling. All emotions, feelings and thoughts are welcome.



# Practice

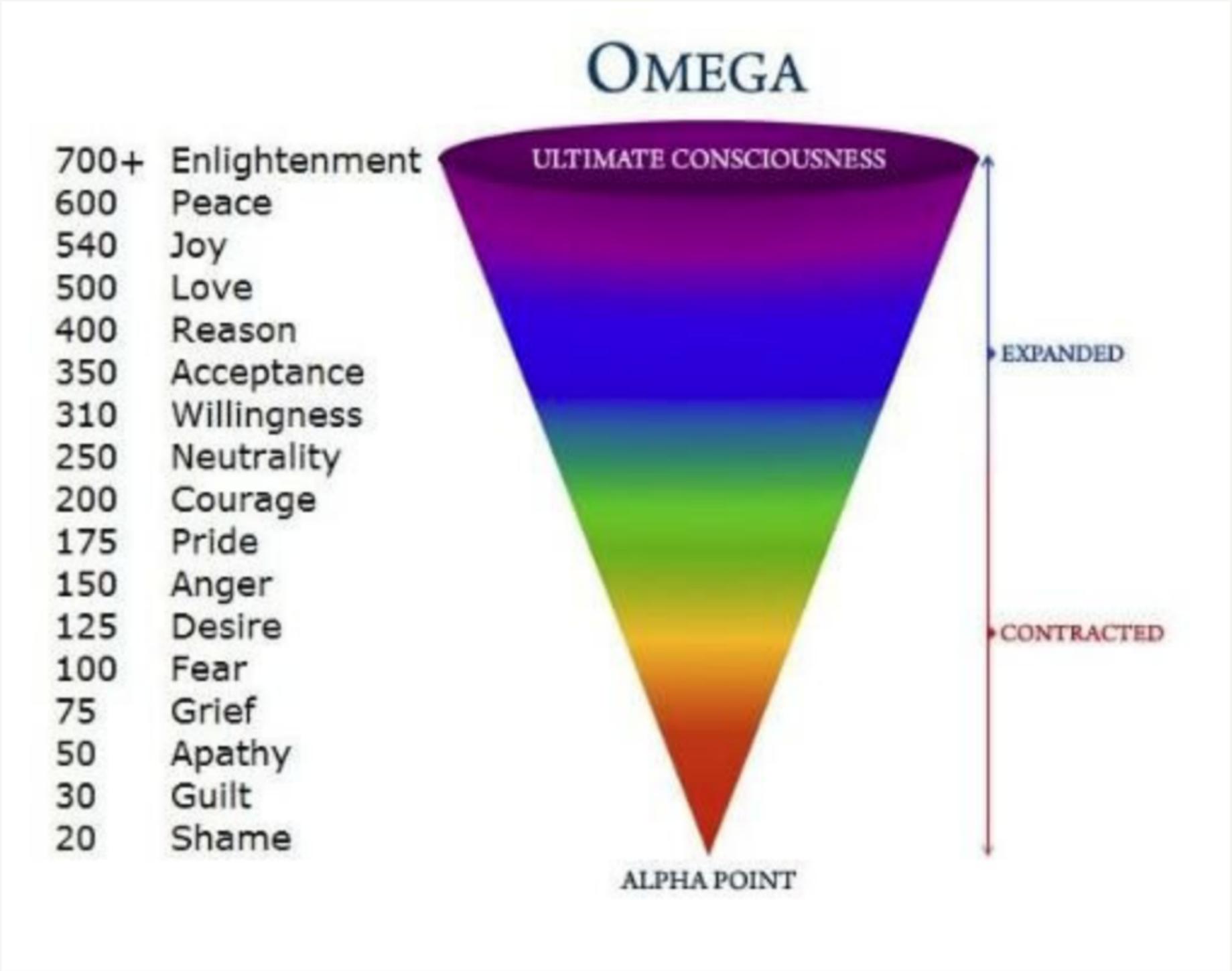


Build a weekly practice of sitting with your emotions, thoughts and feelings, allowing them to be without judgement or trying to change them.

You can do this by sitting in silence in meditation, close your eyes and allow whatever is going on to surface. You allow yourself to hear and feel whatever is there without running away or feeling shame.

This practice will teach you how to allow thoughts and feelings to surface without shame or the perception of it being wrong attached to it.

# The Emotional Vibration Analysis Frequency Chart



Reference: Love or Above Toolkit



# Shifting Emotions Energetically

1. Conduct an analysis of your emotions, this requires radical honesty. What is your dominant emotion/s.



2. Get into a meditative state and relax your body.

3. Place your hands on the body part that you feel the emotion and connect.



4. Make contact with the emotion as if it is a separate part to you. Making contact with it is like calling another person however you are contacting the emotion to take care of a wound. You hold this wound and give it the space to be felt.

# Continued..



6. Notice what this feels like to be in contact with this part of you.

7. Is there any resistance going on that might get in the way of you releasing? For example is the ego holding onto an identity of victim or is there fear getting in the way of what it would be like to live in a state of joy instead of this dominant emotion?



8. Don't fight the resistance settle into it by accepting its there and then let it go, you can do this by asking it to leave or visualising it leaving your body.



9. Sit in meditation until you have released it, once finished notice how much lighter you feel.

# Anxiety



Anxiety is a symptom of nervous system dysregulation, it is not a disorder. Anxiety is a symptom that is asking you to get to the core of the issue and balance your body and mind.

## **How to heal anxiety:**

- Work with a naturopath to heal your body/gut, 70% of serotonin is found in your gut. Serotonin is a mood stabiliser that controls your wellbeing and happiness.
- Yoga and breathwork
- Healing trauma and subconscious programming
- Removing or resolving aspects of your life that cause stress

# Depression

Depression is caused by the bodies biological defense system, and comes from the state of immobilization. This is called the freeze response and is part of your survival to keep you safe, this state is only meant to be short lived however in today's society people get stuck in it.

Immobilization makes you feel like your numb and disconnected from yourself, others and life.

## **How to heal depression:**

- Nervous system regulation with self regulation
- Talk and alternative therapies
- Widening your stress tolerance in your body
- Co-regulation or connection with others
- Move your body

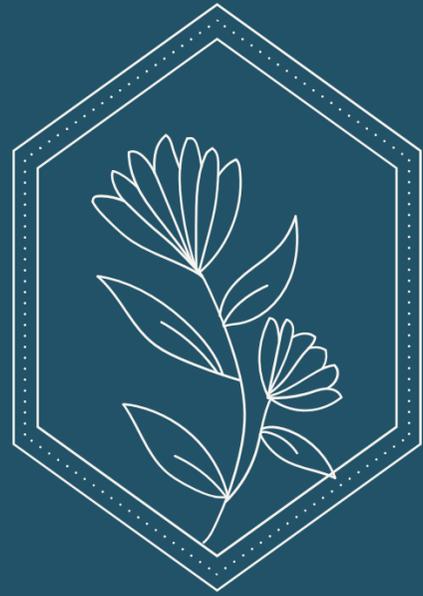


# Build *your* Ability to Regulate

Your ability to regulate your thoughts and emotions will determine the quality of your life.

- When worried thoughts appear, start to look for aspects that counteract or balance your thoughts. For example if you feel unsafe, consciously look at your environment and have thoughts that balance the feeling of being unsafe.
- When your car has rolled down the hill and the emotions are taking over your body, stop what you are doing and take care of yourself. Go outside for a walk, call a friend or exercise. Co-regulation is the most effective mechanism to bring your body back to a state of homeostasis.
- Have an unshakable intention that no matter what you will regulate yourself and that you are in control.





Thank you