



Professional Certified Coach

## Embracing Emotion *A Key Factor in Creating a Vibrant Life*

*"Perhaps everything that frightens us is,  
in its deepest essence,  
something helpless that wants our love"*  
~Ranier Maria Rilke

If you want to be emotionally fit, then learning how to experience and express your emotions in a healthy way is essential. As children, we typically were not given an emotional vocabulary, a way to talk about our feelings; nor were we provided with healthy ways of experiencing our feelings. If you are willing to learn, to fully experience your feelings, you will find that they will move right through you very quickly. If instead you ignore, stuff, or act them out in unhealthy ways, then your emotions will come back to harm you and/or your relationships.

A wide array of emotions is part of the human experience. Simply speaking, all emotions fall within five primary categories. In addition, each feeling is attached to a particular physical sensation made up of a bunch of tiny bits of energy, and that energy is doing something (i.e. twisting, clenching, flowing, etc.).

Below is a list of the five primary feelings, a description of where in the body each feeling is typically located, and some suggestions of what the body sensation is like (what the bits are doing). You might experience these emotions and sensations in other parts of your body, and that is perfectly fine, there is no right or wrong.

<b>Feeling/Emotion</b>	<b>Location of Sensation</b>	<b>Possible Sensation</b>
Happy	Up and down entire body, especially in the chest (heart area), throat, and head	Streaming, tingling, glowing, twinkling, dancing, bubbling, gleaming
Angry	Back of neck, across shoulders, jaw	Tight, bunched, cord-like, poking, compressed, twisted, dense, clenched, blocky, pulling, hot, steely,
Sad	Across high chest, heart area, upper throat	Heavy, closed in, pressing, constricted, congested, achy, pulling down, lumpy, searing
Scared	Around the navel area, solar plexus	Racy, queasy, nauseous, squirmy, fluttering, held in, touch-tender, butterflies, buzzy, zig-zaggy, thick
Sexual	In the genital area	Tingling, throbbing, quivering, pulsing, pulling

***Make it a practice to follow the simple steps below in order to experience greater emotional health and peace of mind:***

***Notice:*** Tune into your body and locate where you are experiencing a feeling or sensation.

***Name:*** Name the feeling and the associated sensation. What are the bits doing? Name them.

***Experience:*** With keen sensitive awareness, love, and appreciation, put your full attention on your feelings and sensations. Move your awareness inside of yourself and completely experience your feelings and sensations while breathing deeply into your belly and moving your body. Also, direct your breath toward the emotion/sensation and imagine breathing space and/or love and Light into the area. This will allow the feeling to flow right through and release.

***Express:*** Express outloud (to yourself or others) what you are feeling and/or a description of your body sensation. *"I'm feeling scared" ... "I feel butterflies in my belly."* Do not attach a story as to why you're feeling a certain way. Simply express the feeling and sensation. Expressing also allows the feeling to move. Also, move the emotion by being willing to give it its natural expression:

- **Happy:** Tune into the feelings, amplify them... move and breath and enjoy them.
- **Anger:** While moving and breathing... outloud, make a sound that match your anger... the quality of your anger and the intensity of your anger. Put your arms out in front of you and imagine you are shooting the anger out your fingertips. Stick with making the sound (not words) and do this repetitively at least six times. Tune in and notice what happened.
- **Sadness:** While gently moving and breathing, allow yourself to cry. Tune in and noticed what happened.
- **Fear:** It is essential that you move and breathe while focusing on your fear. Especially move your arms all over the place. You can also play with your fear by moving quickly from room to room acting like you are trying to get away from your fear, while repeatedly saying... "I'm so scared." Be certain to move your arms. Tune in and notice what happened.
- **Sexual:** Locate your sexual feelings and breathe into them. Enjoy them. Sexual feelings are related to your creativity and to your spirit, they are a natural part of your life and are meant to be enjoyed.

***Wonder:*** After the feeling has dissipated, with genuine curiosity, ask, *"From the past what does this feeling remind me of?" "What is this feeling trying to say to me? Is there something I need to do, or something I need to learn?"*

Including these simple actions in your daily life will create greater self-awareness, self integrity, and emotional intelligence. You will experience greater vitality and the ability to use your feelings as a resource for creating a vibrant happy life.

---

This tool was inspired by the work of Drs. Gay and Kathlyn Hendricks (The Hendricks Institute – [www.hendricks.com](http://www.hendricks.com)). Chris Lucerne is a Master Certified Coach. Using a body centered approach, she specializes in two areas: Supporting clients to *Build Relationships that Matter*, and to *Go Beyond Loss and Embrace Life*. [www.ChrisLucerne.com](http://www.ChrisLucerne.com).