

# How to Heal Your Emotions

- \* Your emotions tell you your personal vibration. By changing those emotions you directly increase that frequency.
- \* The process of interacting with people sometimes blurs our emotions because while we are in another person's energy field, what is good for them may become what feels good for us. We naturally want to fit into social groups, so our emotions become crossed with other people's. As a coping mechanism to avoid being alone, we override our own emotions and our internal compass (our inner emotions) begins to lose its sense of direction.
- \* Emotions that are uncomfortable often arise from an early age and can be buried, shamed or ignored. They should not be suppressed because suppression creates what is often called the shadow self. Suppressing emotions commonly leads to overthinking, anxiety, restlessness, and energetic blockages.
- \* The emotional body does not forget. Old emotions remain stored and continue looping until they are processed.
- \* One of the main steps in healing your personal vibration is learning to use your emotions as your inner compass.
- \* One disadvantage of running away from your feelings is that you stop recognising when you are tired, frustrated or emotionally overwhelmed because you disconnect from your emotional signals.
- \* Your mind and emotions work together. Your emotions influence the state of your mind.

## How to Heal

1. Bring awareness back into the body. Even if emotions are not physical, they are experienced through bodily sensations.
2. Rename the sensations in your body and reframe the narrative around them.
3. EFT (Emotional Freedom Technique) tapping: Close your eyes, scan your body and notice where you feel discomfort.

Constriction is a sign that emotions are not flowing freely. Emotions flow more easily when the body is relaxed and mobile.

# Why We Disconnect From Our Feelings

People who struggle expressing emotions often experienced emotionally dismissive environments in childhood. They may have learned that emotional intimacy was unsafe and therefore valued independence over closeness. As adults they may seek validation through other people while disconnecting from their own emotional needs.

## The Emotional Body

- \* The emotional body is an expression of consciousness alongside the mental, physical and energetic bodies.
- \* The emotional body acts as a bridge between physical sensations and thinking patterns.
- \* It interprets and translates thoughts projected by both consciousness and the human mind into emotional experience.

## The Spiritual Way of Dealing With Your Emotions

- \* When we do not allow ourselves to experience the full range of our emotions, we deny ourselves the lessons they carry.
  - \* Information can become stored in our energy field through emotional experiences and trauma.
  - \* People often run away from emotions because those emotions reveal painful truths they are not yet ready to face.
  - \* Avoiding emotions—even painful ones—prevents emotional healing.
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## Emotional Awareness, Trauma & Healing Notes

### Fear

"I feel scared, but it is normal."

- Feeling scared is a normal human experience.
- Don't judge yourself for feeling fear.

- Accept that fear is temporary and does not define you.
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## Accept the Healing Process

- Admit that it will take a long time to work through some feelings.
  - Healing isn't immediate.
  - Be patient with yourself and allow emotions to unfold naturally.
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## Changing Your Emotional State

A way to change how you feel is by becoming aware of what you repeatedly allow into your mind.

- Watch the words you tell yourself.
  - Keep your mind open to new ideas and change.
  - Understand that nothing is permanent.
  - Knowing everything changes makes it easier to shift your emotions.
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## Running From Trauma

Running from trauma does not heal it.

Avoiding painful emotions only allows them to remain unresolved beneath the surface.

Healing begins by acknowledging and working through the emotions instead of escaping them.

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## Resonance & Emotional Triggers

Resonance is the reason we become emotionally triggered.

When an emotional "tone" or vibration has been stored inside us through previous experiences, similar situations activate that same emotional state.

Rather than reacting only to the present moment, we often react to unresolved emotions from the past.

Possible emotional cycle:

Trigger



Stored emotional memory



Projection



Reaction



Repeated emotional loop

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## Singing Bowl Analogy

Imagine unresolved emotions as a singing bowl.

Once struck, it continues vibrating.

Likewise, unresolved emotional wounds continue vibrating whenever something reminds us of the original experience.

Without awareness, we keep replaying the same emotional song without realizing it.

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## Emotional Loops

Many emotional reactions become automatic.

Without awareness:

- We repeat familiar emotional responses.
- We project old experiences onto new situations.
- We stay trapped inside unconscious patterns.

Awareness allows these loops to be interrupted.

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## Positive Self-Affirmations

When experiencing difficult emotions, remind yourself:

- "This sucks, but it will be alright."
- "I don't want to feel this right now, but I am not abandoning myself."
- "I will heal this later."
- "I am not in control of the actions of others."

These statements help create emotional safety rather than self-criticism.

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## Journaling

Journaling your emotions is a way to:

- Keep track of your feelings.
- Identify emotional patterns.
- Discover the root cause of emotions.
- Observe yourself without judgment.

Writing slows the mind enough to notice recurring emotional themes.

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## Mindfulness

When a feeling arises:

Notice it.

Don't immediately create a story around it.

Instead:

- Observe the feeling.
- Return your awareness to the present moment.
- Let the emotion exist without resisting it.

Awareness weakens automatic emotional reactions.

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## Thoughts & Emotional Stories

A feeling comes first.

Then the mind automatically begins creating explanations and stories about that feeling.

Example:

Feeling



Story



Belief



Stronger emotion

Mindfulness interrupts this process by observing before reacting.

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## Emotional Resonance Happens Subconsciously

When unresolved emotions remain inside us, they replay automatically.

The mind unconsciously repeats familiar emotional patterns until they become conscious.

Awareness interrupts subconscious repetition.

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## Paying Attention Creates Insight

When you genuinely pay attention to your emotions, information naturally rises into awareness.

This may include:

- Memories
- Images
- Sounds
- Meanings
- People
- Places
- Colours
- Intuition

These insights often reveal deeper truths about yourself and your life.

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## Emotions Flow

Emotions are interchangeable.

If you allow them to move naturally, they change into different emotional states.

Examples:

Fear → Courage

Anger → Sadness

Sadness → Acceptance

Acceptance → Peace

Emotions become stuck when resisted.

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## Emotional Suppression

Suppressing emotions does not remove them.

Instead:

- They become subconscious.
- They influence behaviour.
- They affect decision-making.
- They eventually return more intensely.

Ignoring emotions doesn't solve them.

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## Emotions Are Information

Emotions are your internal radar.

They communicate:

- What hurts.
- What matters.
- What needs attention.
- Where healing is needed.
- What boundaries need strengthening.

Rather than enemies, emotions become guides.

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## Ignored Emotions Become Louder

When emotions are ignored:

- They become stronger.
- They demand attention.
- They repeat themselves.
- They become increasingly difficult to ignore.

It's as though they begin whispering, then talking, then shouting.

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## Physical Manifestations of Emotion

Emotions often express themselves through the body.

Examples include:

- Heaviness
- Tightness
- Body constriction
- Emptiness
- Heat
- Cold sensations
- Numbness
- Physical discomfort

The body often expresses emotions before the conscious mind fully understands them.

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## Emotional Resilience

Working with your emotions instead of resisting them builds emotional resilience.

Resilience develops through:

- Acceptance
- Awareness
- Reflection
- Self-compassion
- Honest observation

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