

Loving ourselves back to Wholeness



Welcome to our Emotional Awareness Journal

What are Emotions and Feelings?

Emotions are **Energies in Motion**, biological signals and energetic patterns which are unleashed by an external or internal stimulus. Emotions are physical and create biochemical reactions in our body and alter our physical state.

Emotions precede feelings and are instinctual.

Because they are physical, they can be measured by blood flow, brain activity, facial expressions and body language. Initially, emotions helped us humans survive. We are going to be attacked by a wild animal, there is danger and the body prepares for flight.



Feelings, on the other hand, are how we interpret the Emotions.

They originate in the brain and are mental associations and reactions to emotions.

They are based on our past conditioning and past experiences of life which creates this feeling aspect. This in turn helps us to interpret our emotions.

Feelings are a mental representation of what is going on in your body and very subjective. **Feelings try to give meaning to the Emotions.**

Developing an awareness of what is happening within us will support us in changing our state of being. Isn't that powerful?

Your emotional awareness checks in:

How do you feel today?

What emotion/s are present?

How do you feel them in your body?



Is it possible to locate them?

**Is it possible for you to feel the emotion fully or do you tend to escape by doing other random stuff?
Be aware of why you do it.**

How does that feel?

By creating an awareness of our emotions and state of being we understand, what is happening and why it is happening. We start to feel and locate the emotions.

Self-regulation becomes possible, we are able to respond to situations with awareness and from a balanced state.

What happens when emotions get blocked?

There are situations where we block the emotions, we do not want to feel them or they are too much to feel. In these cases, we are able to invite the emotions to move and flow through movement and yoga of embodiment practices work very nicely here.

Practicing in our safe space on the mat, the body starts to relax, and opens up to healing and alignment.

Be curious. There is a wealth of wisdom within your body.

“Start to witness your emotions, catch the emotion and choose what you want to experience.”

