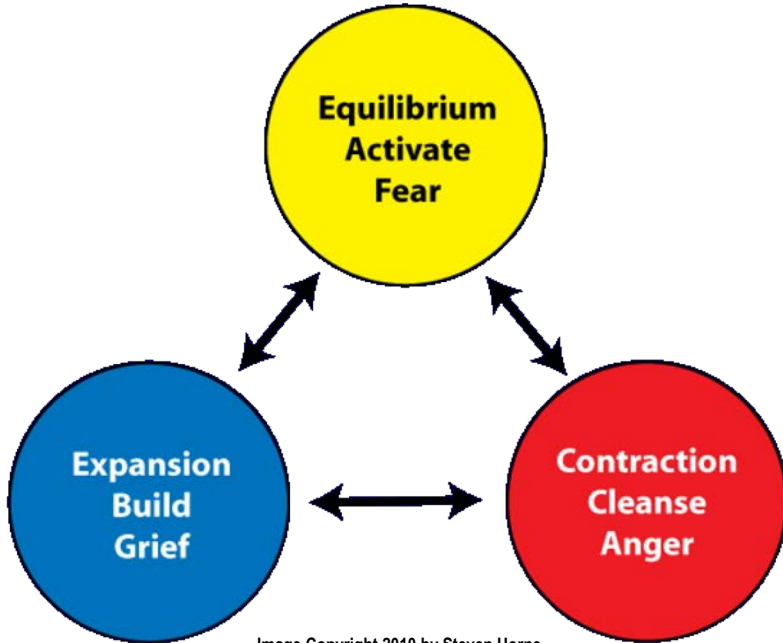
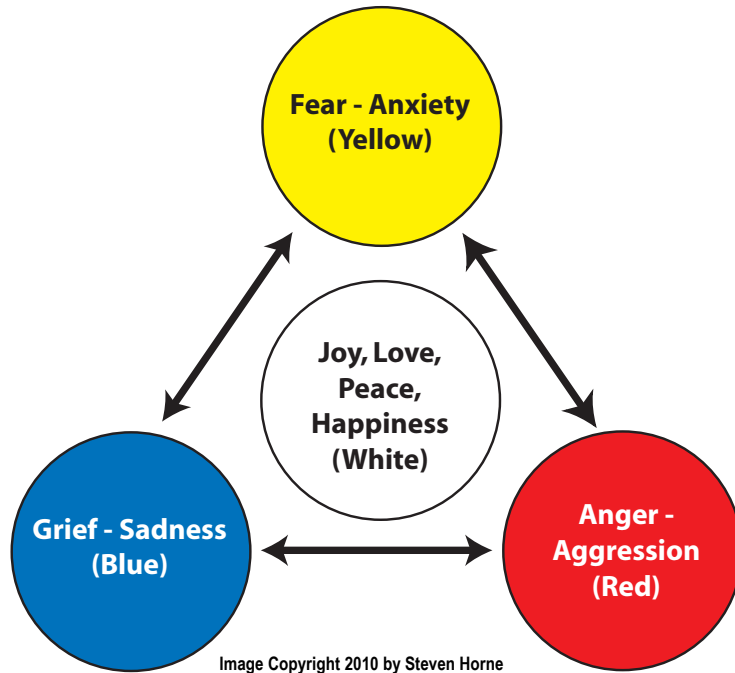


# Emotion and Energetics



# Emotional Balance



## Basic Emotional Model



## Primary Emotional “Colors”

**White** = Happiness, Peace and Love (our natural state of “light”)

- **Red** = Anger, Aggression, Irritability (red with rage, seeing red, red-hot fury)
- **Blue** = Grief, Sadness, Longing, Desire, Envy (feeling blue, having a case of the blues)
- **Yellow** = Acute Fear, Worry, Phobia (yellow-bellied, yellow streak down the spine)

## Secondary Emotional “Colors”

- **Green** (Yellow & Blue) = Suppression, Depression, Discouragement, Loss of Drive, Jealousy
- **Orange** (Red and Yellow) = Hard of Heart, Insensitive, Rational, Calculating, Hatred
- **Purple** (Red and Blue) = Obsessive, Compulsive, Addictive, Reckless, Anxiety
- **Black** (Dark) = Lack of emotional energy or feeling, cold, numb

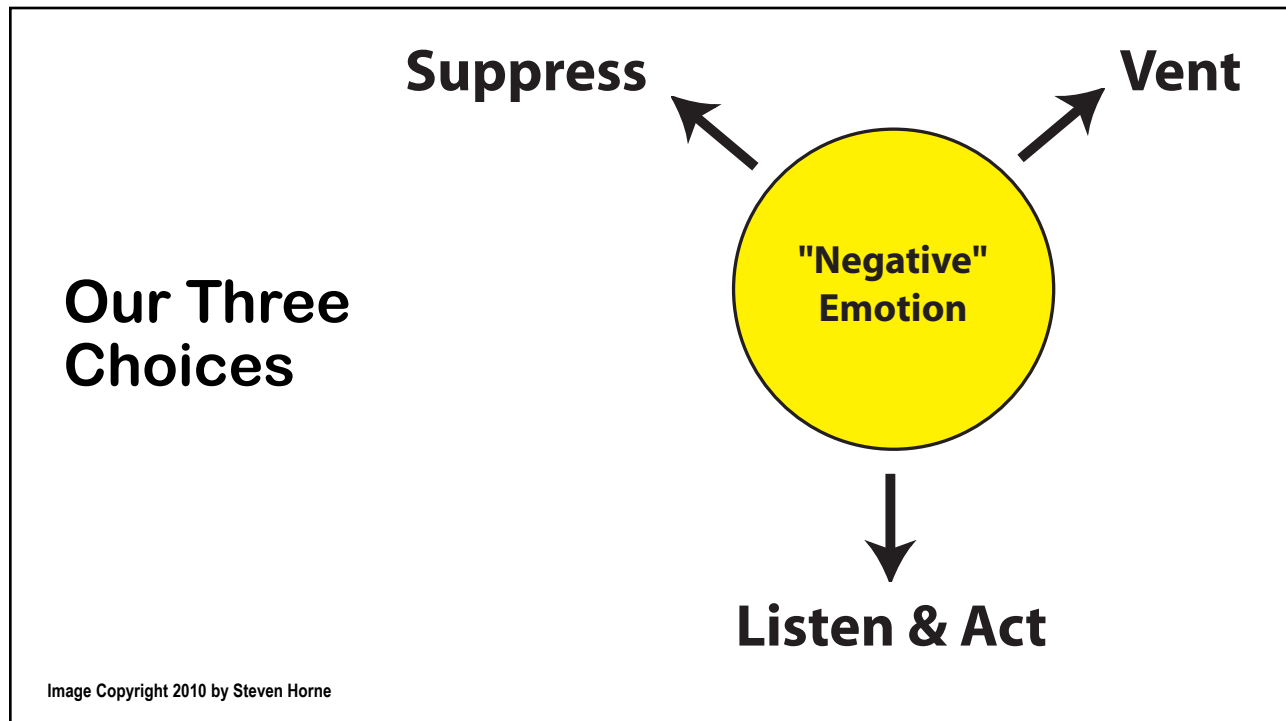
## Two Negative Ways of Dealing with Emotions

### Suppressing

- Burying the emotions inside
- Denying that you feel them
- Putting on a false front, so you are no longer emotionally genuine
- You can get so good at suppressing an emotion you may actually believe that you never feel it

### Venting

- Making other people (and situations) responsible for how you feel
- Using your emotional energy to intimidate, manipulate or try to change other people without their willing desire to change



## How We Suppress Emotions

- All emotions express themselves in **MOTION**, that is in movement and vocalization of the body
- To bury an emotion, you have to tense your muscles and hold your breath
- Children's bodies tend to be relaxed and they breathe properly from their diaphragm
- Most adults are shallow breathers and hold a lot of tension in their bodies



## Your “Damned” Emotions

- When you damn (condemn) an emotion you feel, you dam it up inside
- This creates a reservoir of that emotion that is built up inside, longing for release
- The larger the reservoir, the more afraid we are of experiencing that emotion
- It also periodically breaks the damn (emotional armor) and we vent that emotion



## Venting Emotions

- The other “negative” way we can deal with our feelings—venting (blaming)
- Expressing an emotion is not “venting”
- Venting is placing the responsibility for how we feel on other people
- This means we have placed the ability for us to find happiness outside of ourselves





## The Illusion

- When we vent our emotions we are trying to change the outside world in order to try to change how we feel
- We believe that if other people and situations do not change, we cannot be happy
- This is an illusion that allows us to avoid having to confront our own feelings



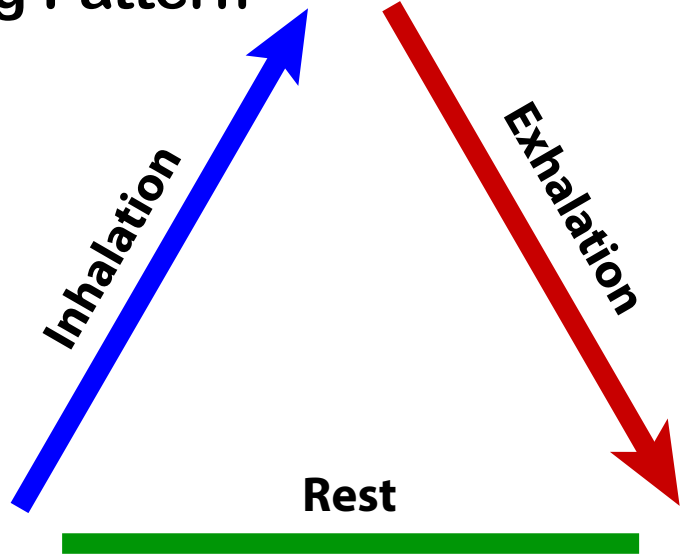
## Breathing and Emotions

- Deep breathing is a major part of emotional healing work
- Every emotion has its own breathing pattern
- You can shift your emotions by shifting your breathing pattern
- Deep breathing promotes self-awareness and is an essential part of meditation



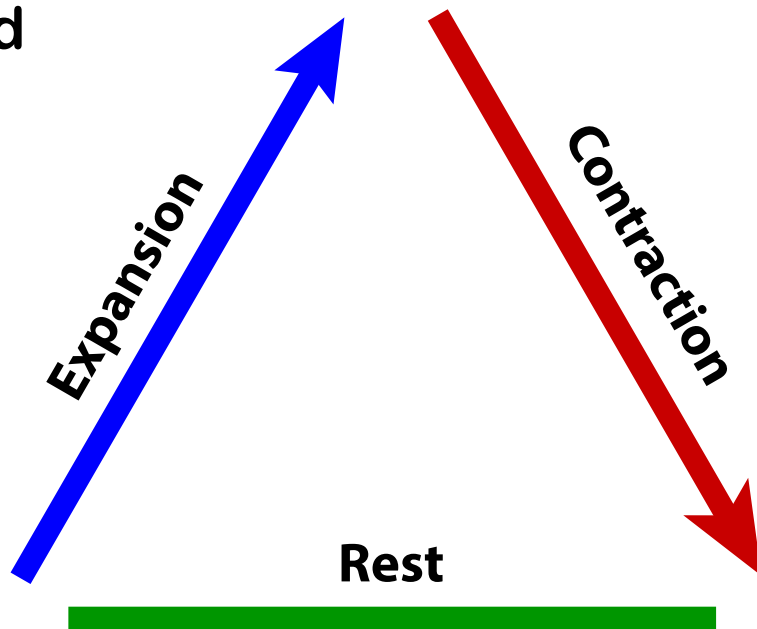
## Normal Breathing Pattern

- Normal breathing has three parts
  - Inhalation
  - Exhalation
  - A pause or period of rest
- The period of rest is usually longer than the inhalation or exhalation



## Breathing and Energetics

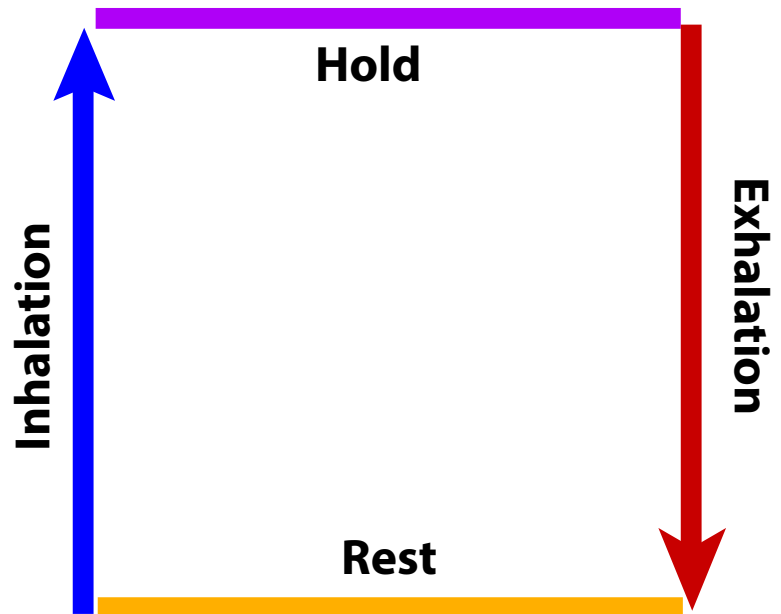
- These three parts of the breath correspond with the three basic energetic principles
  - Expansion
  - Contraction
  - Equilibrium





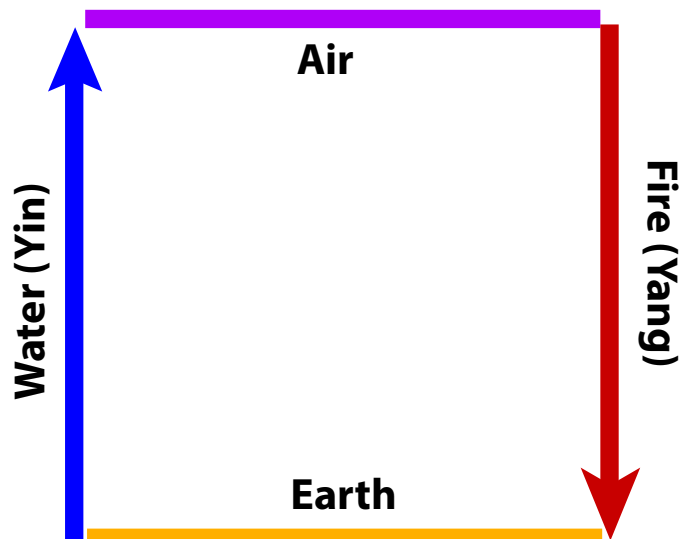
## “Squared” Breathing Pattern

- There is a 4th part of the breath cycle which can also be observed in some breathing patterns
- It is holding your breath after inflating the lungs



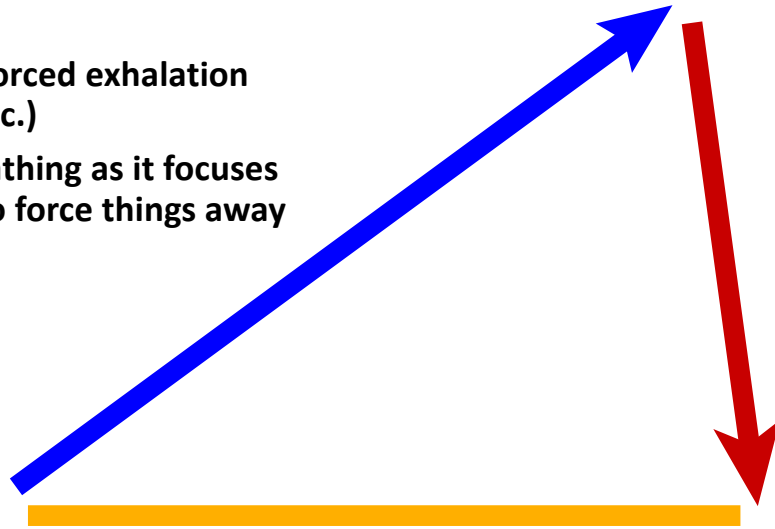
## For “Elements” and Emotions of Breathing

- These four parts of the breath correspond to the cycle of the four elements
  - Inhalation = Water or Yin (Expansion, Grief, Desire)
  - Holding = Air (Disequilibrium, Fear, Anxiety)
  - Exhalation = Fire or Yang (Contraction, Anger)
  - Rest = Earth (Equilibrium, Depression)



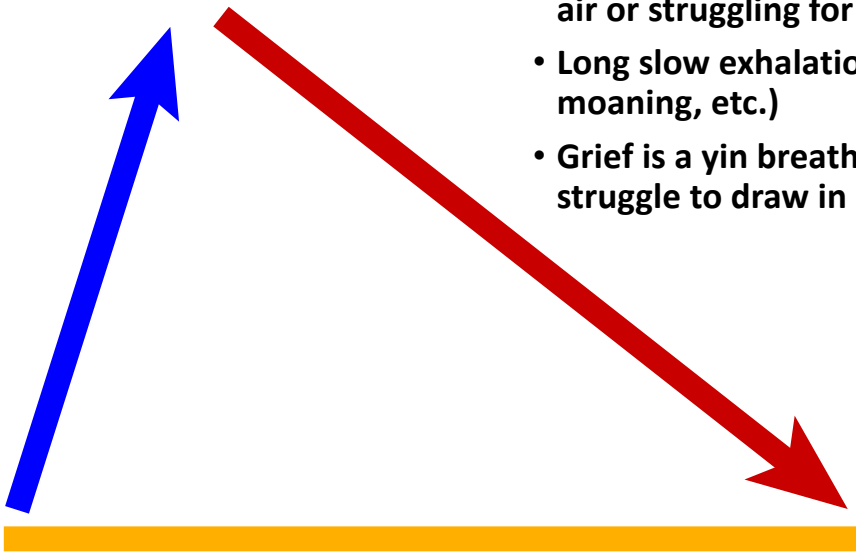
- Slow inhalation building up energy charge in the body
- Followed by rapid, forced exhalation (yelling, shouting, etc.)
- Anger is “yang” breathing as it focuses on pushing air out to force things away

## Anger



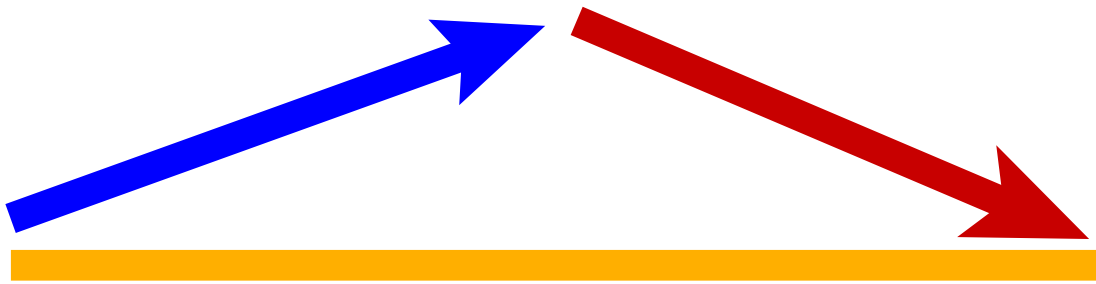
- Forced, difficult inhalation (gasping for air or struggling for breath)
- Long slow exhalation (sighing, wailing, moaning, etc.)
- Grief is a yin breathing pattern, a struggle to draw in energy

## Grief



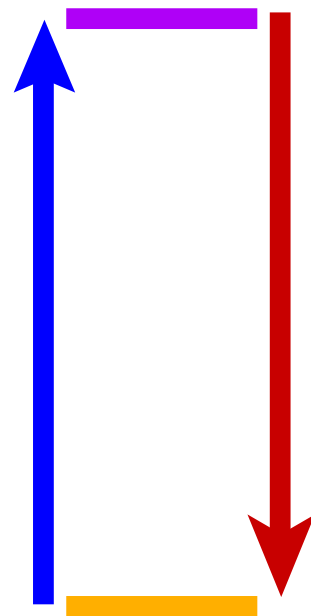
## Depression

- Depressed breathing is shallow
- There is shallow inhalation and shallow exhalation
- Pause in between breaths is longer
- Depression is a loss of life energy or vitality



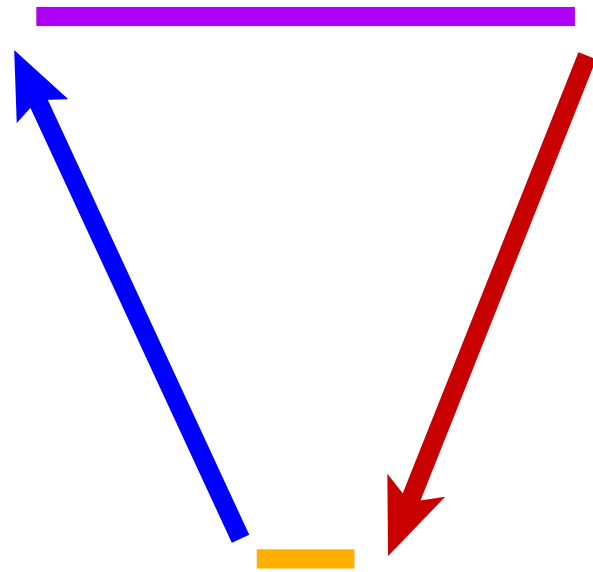
## Excitement-Anxiety

- Rapid inhalation and rapid exhalation with short pauses
- There is little rest between the breaths, with a slight holding of the breath with the lung full before exhaling
- This is a rapid build-up and discharge of energy



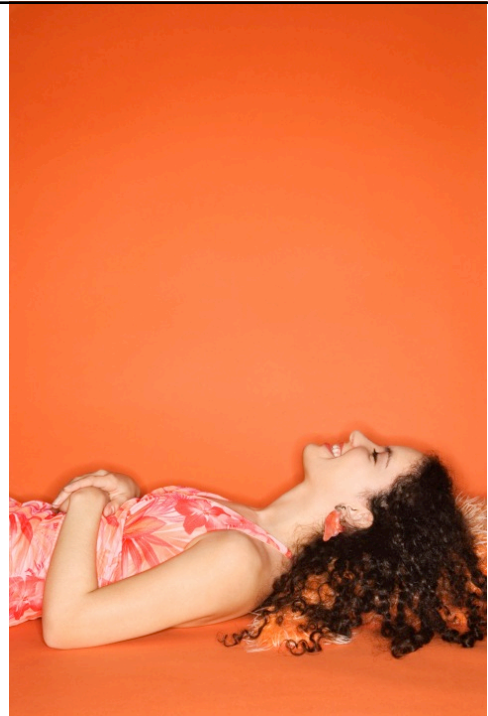
## Awed or Inspired

- When something “takes our breath away” we draw in air and hold it there
- We then slowly release it
- There is little pause between breaths
- It is breathing pattern of taking in and wanting to prolong the connection to something of wonder or beauty



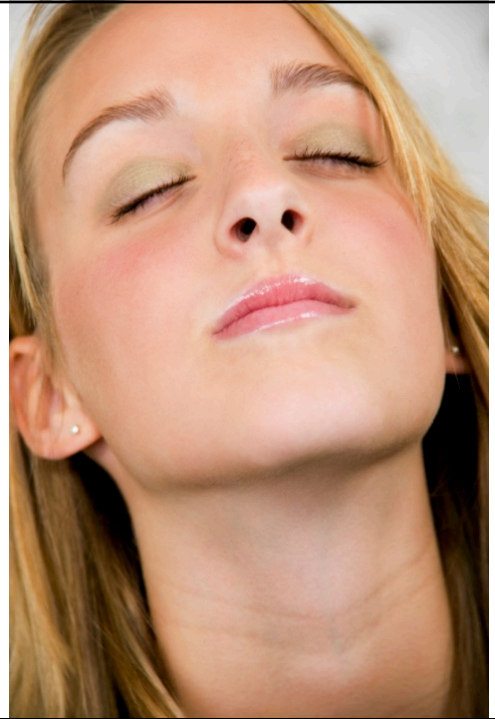
## Breathing Exercise #1: Abdominal Breathing

- Lay on your back
- Place one hand on your stomach and the other on your chest
- Breathe deeply lifting the hand on your stomach, but not the hand on your chest
- Breathe in through the nose and out through the nose
- If you can't do this, you may need to work on a hiatal hernia



## Breathing Exercise #2 Squaring the Breath

- Lay on your back
- Breathe in through the nose and out through the nose
- Inhale for the count of four “in-2-3-4”
- Hold the air in your lungs for the count of four “hold-2-3-4”
- Exhale for the count of four “out-2-3-4”
- Rest for the count of four “rest-2-3-4”
- This is a basic breathing pattern for centering your emotions



## Breathing Exercise #3: Accessing Personal Power

- Stand up, plant your feet firmly on the floor
- Clench your fists, draw back as if getting ready to punch or push someone
- Inhale deeply through the nose or mouth
- Let out the breath suddenly and forcefully with a loud “ha...” while pushing the arms forward
- This is a basic breathing pattern for connecting with and discharging anger



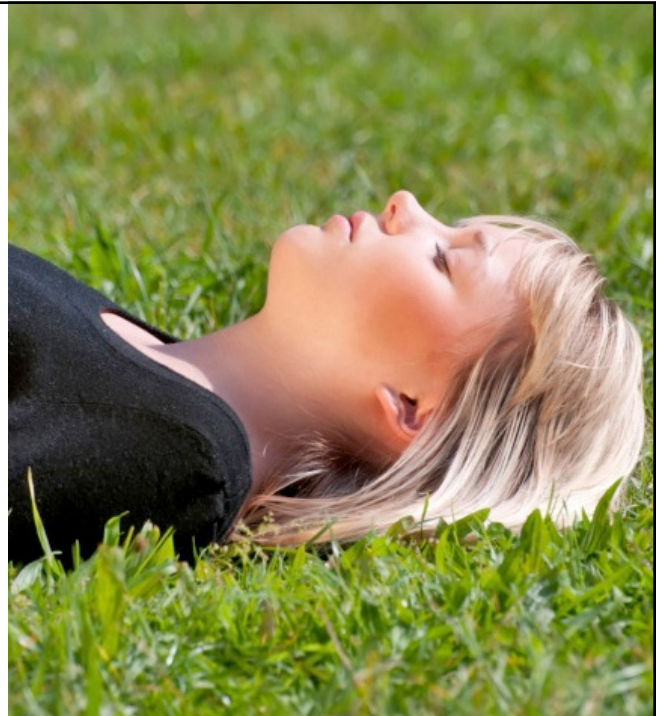
## Breathing Exercise #4 Letting Go

- Sit up or lay on your back
- Inhale deeply through the nose
- Hold your breath for just a second
- Exhale deeply through the mouth
- Try to force as much air out of your lungs as you possibly can as you suck in your stomach and push upwards with your diaphragm
- Inhale again and repeat
- This is the basic breathing pattern for connecting with and discharging grief



## Breathing Exercise #5 Expanding Your Lung Capacity

- Lay on your back
- Square your breathing for the count of four
- After several breathing cycles increase each part of the cycle by one count, "in-2-3-4-5, etc."
- See how far you can extend this pattern
- It is possible to do a count of 20 or even 30 with practice





## Breathing Exercise #6 Awareness Through Breath

- Can be done sitting up or lying down
- Start breathing slowly and deeply (count your breath if you like)
- When you are breathing slowly and deeply focus intently on your breathing to the point that no words are flowing through your brain—your entire mind is focused on your breath
- Expand this awareness to noticing your entire body in the same way
- As you get good at this, focus on what is around you in the same way



## Emotional Healing

- It is NOT about getting rid of “negative” feelings (that is, making them “go away”)
- It is about reconnecting a person with their feelings, understanding what they mean and learning how to utilize this emotional energy in a constructive way
- This promotes self-awareness, self-responsibility, increased compassion for and better communication with others



## Allowing the Process

- We also need to find safe space for the discharge of our suppressed emotions
- You can HEAL what you allow yourself to FEEL
- You will never heal what you deny or blame on others