

→ YouTube: TEAL SWAN
'How to heal the emotional body'

Story XVIII // Ep. 19

THE 4 BODIES SERIES

EMOTIONAL / FEELING BODY

A PHYSIOLOGICALLY EXPERIENCED FEELING (neural + hormonal transmission) → INSIDE THE PHYSICAL BODY

SENSATION-BASED PERCEPTION + FORM OF AWARENESS (EXISTS BEYOND THE PHYSICAL BODY)

STATE

SIGNATURE

Something happens, + this state will be repeated if brain links our survival of this situation; leading to a state become a signature; influencing the very BLUEPRINT of our being

IF WE SURVIVE! WE WILL REPEAT EVEN PAINFUL EXPERIENCES! (see ep. 2 GRATITUDE)



IT IS WHAT MAKES US EXPERIENCE A THOUGHT AS REAL!
the translator of the OBSERVER-BASED consciousness of the mind and FIRST-PERSON PHYSICAL EXPERIENCE-BASED consciousness of the person.

ONLY IF WE FEEL GO THROUGH IT WILL IT RE-INTEGRATE

otherwise they will continuously rise up and re-emerge
→ if there is only pain, you think + feel + experience pain in your life you will set out continuously events, people + situation that repeats that core wound / core trauma.

HEALING MUST OCCUR ON EMOTIONAL / FEELING BODY

1 INTEGRATION IS THE NEW HEALING

Everytime you have an intense emotional reaction find a quiet place, safe + comfortable to BE + OBSERVE
If you don't have the means to do that, tell your emot./feeling body that you appreciate it + will come back promptly BETWEEN you want to give it all the time, love, attention + intention you have.

2 INNER CHILD WORK

when you decide to sit down + feel, no matter the discomfort BREATHE IN + OUT OF THE NOSE
SAY 'I AM COMPLETELY WITH YOU NOW!'
ONCE you are settled in it, REMEMBER to be your best friend
ASK 'How do I feel?' (awareness + name it; what is occurring?)
ASK FURTHER 'When did I last experience this same feeling?' (not looking for cognitive answers, allow it to be offered to you)
ASK FURTHER 'When did I first experience this same feeling in my life?' (let it come to you)

3 BLUEPRINT ALTERATION

be gentle, remember to breathe, don't interrupt by letting the physical body take you away from feeling (scratching, shifting...)
TALK TO WHAT IS PRESENTED TO YOU WHAT DOES IT NEED / WHAT DO YOU NEED
ALTER THE MEMORY by explaining the reality feeling that it's not personal holding + then let go re-experiencing
ALTER THE CORE WOUND + you ALTER ALL RESULTING BRANCHES

- The emotional/feeling body INTERPRETS / TRANSLATES the thoughts projected by both CONSCIOUSNESS + HUMAN MIND.
- Ep until 3 yrs old MAIN body of experiencing the world.
- This is INTENSE TERRITORY
Feeling is not easy
Don't dismiss or devalue the ENORMITY OF EMOTIONS
- EMOTIONAL / FEELING BODY becomes MIRROR OF TRUE SELF + BODIES INTERACT WITH COMPENSATION FOR EVERY WOUND!

PARADOX

HEALING IS THE STATE OF BEING BROKEN

I am broken,
I need to be fixed,
I am not okay the way I am

"YOU ARE NOT GOOD ENOUGH THE WAY YOU ARE!
YOU HAVE TO CHANGE!"

when we talk about HEALING we talk about

= INTEGRATION
talk to yourself, to your emotional/feeling body like you would talk to your MOST BELOVED PERSON:

→ heal yourself as in re-integrate the emotions that you once rejected/repressed/dismissed.

GIVE YOURSELF REASSURANCE THAT YOU ARE PERFECT THE WAY YOU ARE!

GIVE YOURSELF PERMISSION TO BE YOUR BEST FRIEND,
TRULY FEEL THE DEPTH OF YOUR SACRED EMOTIONS

FOR BOTH NEGATIVE + POSITIVE EMOTIONS!

→ journal talk to yourself, talk to friend or therapist +