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## Now that you're present with the feeling, and connected to the energy of it, can you follow the wave and transform it?

(Hint: When trying out ways to transform the energy, look for changes that feel lighter, more expansive, or a "yes" feeling in your body.)

Choose an action:

Write	Dance	Sit	Yell	Burn
Draw	Breathe	Lie Down	Laugh	Tear
Build	Stretch	Stand Up	Cry	Pray
Doodle	Walk	Hold	Roar	Thank
Paint	Run	Yourself	Punch	Love
Create	Jump	Make	Kick	
Talk	Lift	Sounds	Push	
Move	Push	Sing	Break	

## What have you learned?

Each time we go through a wave like this, there are lessons and gifts on the other side. Sometimes we get small little hints, and sometimes we get incredible revelations. All are perfect and part of the adventure. Freewrite and see if you can find some of the lessons/insights/wisdoms/clues you gained this time around:

**Now I feel** \_\_\_\_\_ .

Remember there are no right or wrong answers. It's all perfect and you are loved.



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Est. ————— 2018

# Journey *into* BREATH

**The Only Way To Feel Better, Is To Feel Better.**

**I want to feel** \_\_\_\_\_ .

Close your eyes, breathe, ask yourself the question, and answer with what feels most true...

Need some ideas? Here you go!

Trusting	Connected	Ease	Organized	Brave
Courageous	Powerful	Guided	Calm	Strong
Safe	Joyful	Loving	Wild	Soulful
Healthy	Patient	Supported	Thankful	Focused
Grounded	Grateful	Magical	Fearless	Abundant
Peaceful	Humble	Restful	Soft	Steady
Energized	Curious	Generous	Tender	Elevated





## How do you feel now?

Can you name the feeling?

How does it exist in your body? Is there a size, location? Hot or cold? Heavy? Tight? Is there a colour or shape?

When you bring your awareness to it, does it change?

## Where is it coming from?

YES NO MAYBE

Is it something in your environment?

Is it from a connection with someone else?

Is it from a thought?

Is it from collective energy?

Is it from a generational pattern?

Is it from your own patterns, resurfacing for your attention?

Somewhere else?

## How can you create space to observe and experience the feeling?

(Hint: Your body is telling you it needs your attention, needs a meeting with you to get your help. How can you give yourself enough space and safety to make that happen?)

1. Do you want to be: BY YOURSELF or TOGETHER

**BY YOURSELF IDEAS:** Your safe place, your room, outside, your office, an empty room, a bathroom stall, or...

**TOGETHER IDEAS:** Friend, therapist, trusted person, phone call, video call, in-person, or...

2. Do you want: STILLNESS or MOVEMENT

**STILLNESS IDEAS:** Meditation, Breathwork, Lying down, Sitting still, or...

**MOVEMENT IDEAS:** Walking, running, dancing, stretching, exercising, clapping, jumping, or...

3. Do you want: SILENCE or SOUND

**SILENCE IDEAS:** Noise cancelling headphones, earplugs, quiet room, or...

**SOUND IDEAS:** Music, white noise, sound bath, instruments, conversation, or...

4. What else might help?

**IDEAS:** Pets, weighted blankets, candles, incense, water, tea, coffee, gum, candy, food, hot chocolate, a hug, paper, pens, your journal, a blanket, Kleenex, a friend, a deep breath, to slow down, to pause, or:

### Here's the important part:

You are not figuring out how to get over this feeling. You are making a plan that will bring it up to where you can see it clearly. Then you can be with it, and go through it. It might seem scary or uncomfortable, but there are gifts on the other side that make it worth it!

So sit with the feeling and stay there until you can feel space between you and the feeling - that's where you can see that it's not you, it's an energy that is present here. When you get to that place you can step outside it, name it, create a relationship with it, and transform it!

## My plan for feeling this feeling is to:

Now Carry Out Your Plan. You've Got This! Remember To Breathe