

## Self Awareness Challenge

### EMOTIONAL INTELLIGENCE

***"Your feelings are your mastery. They are there for consideration, not abandonment" -  
Pamela Aaralyn***

We have come to fear our emotions, afraid that if we let them out, "the floodgates will burst open" and we will be annihilated – or annihilate someone else. But fearing our emotions can lead to more drastic consequences than expressing them would, since anxiety added to the original emotion only intensifies it.

An unexpressed emotion never dies, so when we repress our feelings, they simply pile up within us, creating more pressure/anxiety within us. Say you feel yourself becoming angry, but because you think being angry is bad, you repress it: you will still end up feeling the unexpressed anger within you - perhaps not consciously - but it may now be in the form of a headache or back pain or depression, which then also makes you feel powerless.

As the pressure mounts within you, you may find yourself thinking even darker/angrier thoughts, which might also make you feel both guilty and afraid. Eventually, after repressing your emotions for a long period of time, you may develop an illness, sink into severe depression or explode at a loved one. On the other hand, when emotions are expressed, they quickly dissipate.

Emotions are simply energy in motion, and a powerful source of learning.

Tools for self-understanding, following them can lead to valuable insights about ourselves. The journey of mastering our emotions involves learning to trust our emotions, and to trust ourselves.

As taught by world renowned author and speaker, Esther Hicks:

***"Our emotions are a guidance system. One that alerts us to when our thoughts are not in alignment with our highest self/soul perspective. For our soul is pure love/pure positive potential. Whilst negative feelings indicate negative beliefs and negative beliefs indicate fear. Hence, emotional pain is simply a sign of a false belief."***

According to Esther Hicks, a negative emotion does not always indicate that your thoughts are wrong/incorrect, but that you are simply out of alignment because source does not condemn...

In other words, emotions tell us when our mind is working against us.

Therefore, in order to create emotional healing, we must discover and release disempowering/false beliefs through a process of self-awareness, self-inquiry, experiment and play. To create a place within ourselves of peaceful neutrality, for although it is powerful and wonderful to generate feelings of excitement and ecstasy, we cannot feel that way all the time. It is important we learn to cultivate and create a feeling of neutrality and inner peace, so that when things aren't going our way, we can be the calm in the storm, or should opportunities arise, we are relaxed, open and present.

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Think of recent times you felt angry/frustrated/irritated/envious... what thoughts/beliefs were underlying those feelings? *(write down what made you feel that way, and the beliefs that caused you to perceive events the way you did, e.g. "my partner ignored me and it made me feel rejected and angry and unimportant")*

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Where did those beliefs/ideas come from?

*(e.g. "I believe that when someone loves you, they will not ignore you. I believe this because I never ignore my partner when they are unhappy, and I expect people to behave the way I do")*

If these beliefs feel bad to you, and are therefore untrue, what might be the truth?

*(e.g. "perhaps my partner just doesn't like confrontation, is uncomfortable with emotions and just wanted space to think. They do love me, I just need to accept we are different and show our love in different ways")*

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Think of recent times you felt fearful/anxious/afraid/worried... what thoughts/beliefs were underlying those feelings?

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Where did those beliefs/ideas come from?

If these beliefs feel bad to you, and are therefore untrue, what might be the truth?

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Think of recent times you felt sad/depressed/nostalgic/guilty ... what thoughts/beliefs were underlying those feelings?

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Where did those beliefs/ideas come from?

If these beliefs feel bad to you, and are therefore untrue, what might be the truth?

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Emotions are natural and never anything to be ashamed of. To deny or resist them is not only futile, it's destructive. Instead, learn to observe them by remembering that *you are not your emotions, you are simply experiencing them*. Know that they will pass. Welcome and embrace them with deep compassion and acceptance.

By accepting them as a natural aspect of being human, and learning to honour and appreciate them for what they are (valuable lessons/navigational tools/treasures of personal insight and truth), you will train yourself to become the master of your emotions: to dissipate negative emotions by allowing them to run their full course (rather than trying to ignore them and allowing them to remain stuck in the body), and learn how to cultivate inner peace and create positive emotions from scratch using your mind.

This is the true work of a human being, to become a master of their mind and emotions, so they can truly become conscious creators of their life. It is not something that can be achieved in one month, one year, or even one lifetime, instead it is a life's work.

With dedication, discipline and devotion, over time you will notice the backlog of repressed emotions begin to disappear, you will start to feel consistently more lighter, the emotional rollercoasters will become fewer and less painful, until you are so aligned with your higher self, that wisdom, inner peace, deep trust and unconditional love will become your new normal.

The next time you experience "negative" or difficult emotions, instead of trying to ignore, hide, repress or even understand it, simply allow yourself to feel it fully. Once you are calm again, tune into your heart and repeat the same questioning process from previous pages: "if that belief/idea/experience felt so bad, what beliefs am I holding that are untrue/not in alignment with source/god/pure unconditional love?", and allow the answers to arise.

The mind thinks, but the heart knows.

Once the answers have come to you, the next step is to use this wisdom to generate positive emotions from scratch. For example if you discover at the heart of your negative feelings is a belief that you are unlovable, then the solution is to bring in the balancing energy: to make yourself feel loveable. Of if you feel disappointed, your task is to create feelings of fulfilment within you.

Find tools to help you do so, for example, you may decide to write some positive affirmations that truly make you feel great (thoughts and ideas that feel authentic and positive, that make you feel a sense of relief), and then supercharge them by singing them to music and dancing in celebration, or saying them to yourself whilst on a nice bush walk. The idea is to try to do something that will help you hold this new positive energy/feeling for as long as possible.

To make this challenge feel lighter, we recommend that you approach it like a game: with a sense of experiment and play (from that from a serious and heavy space of self-judgement).

This challenge will most likely feel very difficult in the beginning, but with practice it will become easier and easier as you learn how to rewire your own brain and emotional field through the power of determination, self-love and creative experimental play.

Do this exercise as much as possible over the next 14 days and record your journey on the following pages:



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