

TODAY I OBSERVE MY EMOTIONS.

DAY.4

Emotions are energy in motion.

Our physical world is made up of electrical and magnetic energy fields.

The heart's magnetic field, which is the **strongest rhythmic field** produced by the human body, not only envelops every cell of the body but also extends out in all directions into the space around us.

The heart's magnetic field can be measured several feet away from the body and is about 100,000 times stronger electrically and about 50,000 times magnetically stronger than the brain.*

This energy massively **affects our energy field**, and our bodies.

The heart is considered a powerful second 'mind'.

*HeartMath institute**

The energy we give to our thoughts, become e-motions and travel through our body in the form of electrical energy.

If we are not aware of the e-motion that arises a specific moment, it **stores in our body** and is not released from it, until we create the space and awareness for the e-motion to be processed.

The more we keep bypassing our emotions the more our body becomes the storage of unprocessed emotions. Imagine an **overloaded electrical circuit**. Eventually, it will im- or explode.

When the explosion takes place, the emotions come up as **physical and emotional breakdowns**. Bone or muscle pains, dysfunctions in our organs, panic attacks, rage, or burnout.

DAY.4

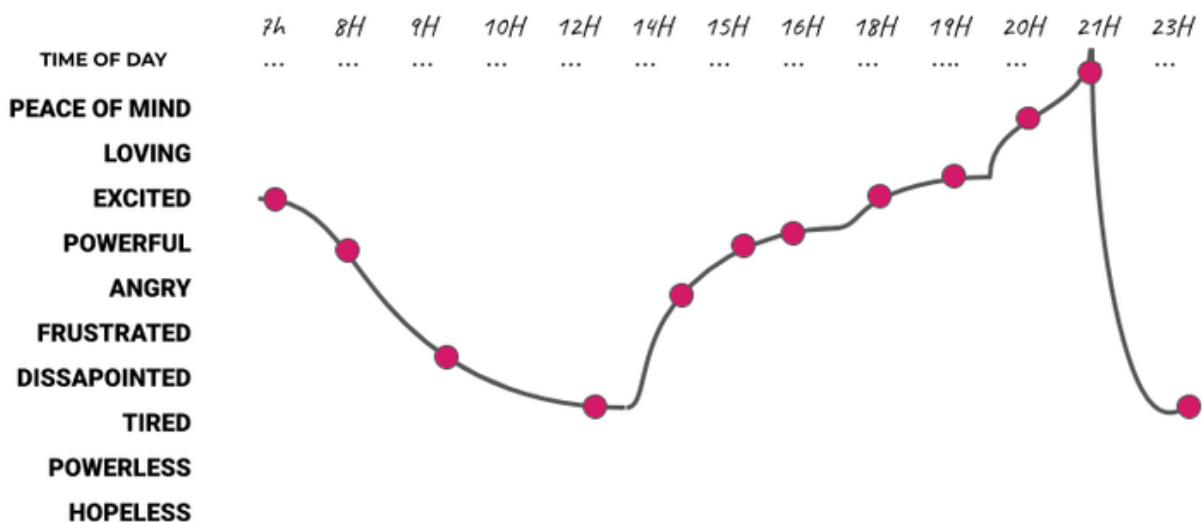
Phrase of the day: 'Today I observe my emotions'

Write this phrase in your journal.

PRACTICE

Today we invite you to bring your awareness to your emotional state and observe how it is shifting from moment to moment.

When you notice a shift, write down how you feel. You can draw the **MOOD JOURNEY** in your journal to track your emotions.



Optionally, you can add a more specific emotion underneath; "Right now, I feel ___" and perhaps a description of the situation.

There is no need to change these emotions.
Just observe and listen.

At the end of your day, listen to the meditation '**MOOD JOURNEY MEDITATION**' (10 minutes) and fill in any additional emotions you noticed you had, but you hadn't noted yet.