



TODAY I OBSERVE MY EMOTIONS.

DAY.4

Emotions are energy in motion.

Our physical world is made 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 is massively **affecting our energy field**, and our bodies.

The heart is considered a powerful second 'mind'.

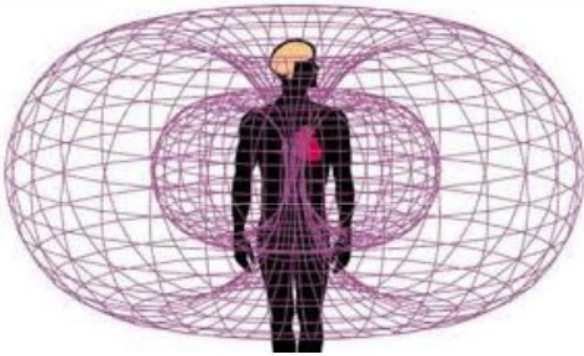
The energy we give to our thoughts, become e-motions and travel through our body in the form of electrical energy.

If we are not aware of the emotion 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 explode.

When the explosion take place, the e-motions comes up as **physical and emotional breakdowns**. Bone or muscle pains, dysfunctions in our organs, panic attacks or burn out.

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

Please also write this phrase in your journal.

PRACTICE 1: Today we will focus on the field of the heart.

1. Imagine a field around your chest that **grows in size** every time you breathe in. By focusing on the heart, we give space to the body to process and release the e-motions that arise.

2. **How do I feel NOW?**

This is the question that we invite you to pause and ask yourself during the day, while imagining your heart's field.

May the answer that arises is not an emotion. Continue to question yourself until you can reply clearly to yourself:

"Right now, I feel ___ "

There is no need to do something with these emotions.

Just observe and listen.

PRACTICE 2:

1. Listen to the meditation '**MOOD JOURNEY MEDITATION**' anytime you have 10' minutes of uninterrupted time during your day.

2. Draw in your journal the **MOOD JOURNEY**, and fill it in, during the meditation.

Good luck!

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MOOD JOURNEY.

Create a personal journey to see where you bottlenecks are in your day and what are the white spots for change. Describe your activities in a day and your related emotions (stress and energy levels) at the time. This tool helps you to become aware which moments, routines, activities, or people trigger emotions that drain you, as well emotions that help you gain energy.

