

## *What I Feel & Experience - Exploring How My Truth Feels*

<i>How truth feels within my body, mind and spirit</i>			
<i>Emotion</i>	<i>Body</i>	<i>Mind</i>	<i>Spirit</i>
<b>Joy</b>			
<b>Love</b>			
<b>Sadness</b>			
<b>Peace</b>			
<b>Anger</b>			
<b>Lonely</b>			
<b>Anxious</b>			
<b>Happy</b>			
<b>Worried</b>			
<b>Content</b>			
<b>Excited</b>			

## ***How to use the table:***

1. Find a quiet place to be.
2. Turn off all distractions.
3. Close your eyes and breathe deeply - until you feel completely present.
4. In your mind recall an experience that made you feel one of the emotions in the table.
5. Feel into your body, how does it react, does your pulse change, breathing, body temp, etc... (Body)
6. Notice what thoughts come up for you. What do you hear your mind saying. (Mind)
7. Deep within your being there is a feeling, a sensation, a reaction from your inner self, what is that? (Spirit)
8. Take your time with each emotion, maybe explore just one a day or two. It is important to really get to know how you react and feel.
9. As you get to know your true self and how you experience emotions, you will become empowered to choose how you wish to feel. Learning how to honor and notice your truth, moving through it and into what you would like to feel.
10. This process is about learning to recognize, respect, honor and allow your true feelings. Do not stuff them, deny them or shove them away.
11. As you allow yourself to feel, you will discover that you do have the power to embrace the experience, share them with truth, if you wish and then move into what you desire to feel.

*Go ahead and explore more, there are still a plethora of emotions to explore and become friends with.*

***Have fun with this! Be kind, gentle and patient with yourself.***