

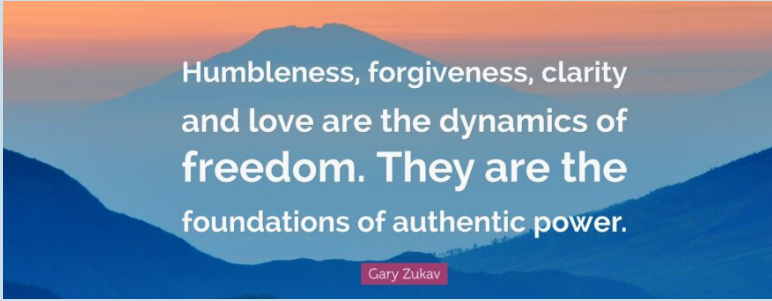


EMOTIONAL
FITNESS
DOJO

EXERCISING OUR
EMOTIONAL BODIES

The 9 Most Important Power Tools

For Your Tool Belt of Life
with DIY Exercises for Building On



Humbleness, forgiveness, clarity
and love are the dynamics of
freedom. They are the
foundations of authentic power.

Gary Zukav

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ACCEPTANCE & SELF COMPASSION

You are prone to make mistakes.

To be fallible, erring and 100% imperfect IS Human.

*Forgive yourself, and others, for all of the times when you, and they, have “failed.”
Practice viewing failure as success because it means that you are making an attempt – at love, creation and evolution.*

**Practice admitting when you are in pain,
when you need help and don’t know “how to” to ask for it,
let alone create the change you need.**

Begin with RADICAL HONESTY – with yourself, first and foremost.
Admitting to yourself that you feel miserable, unhappy, lacking joy & wanting more, does not make you weak; mean that you are malcontent all of the time; or that you don't find joy in isolated moments. It's simply a beginning step on your path towards reclaiming your full power, passion and pleasure.

ADMIT:

YOU'RE IN PAIN.

YOU NEED HELP

& you don't know how to
create the change you need.



Mindfulness

Being aware of the physical,
emotional, or mental pain
of the moment.

ACCEPT:

EVERYTHING.

ALL YOUR CIRCUMSTANCES

ALONG WITH ALL OF THE WAYS
THAT YOU HAVE BEHAVED
(and are still behaving).



Self-kindness

Treating ourselves with
kindness, considering
our own needs.

ALLOW:

VULNERABILITY.

YOU DESERVE

KINDNESS..

Treat yourself as you would
a child.



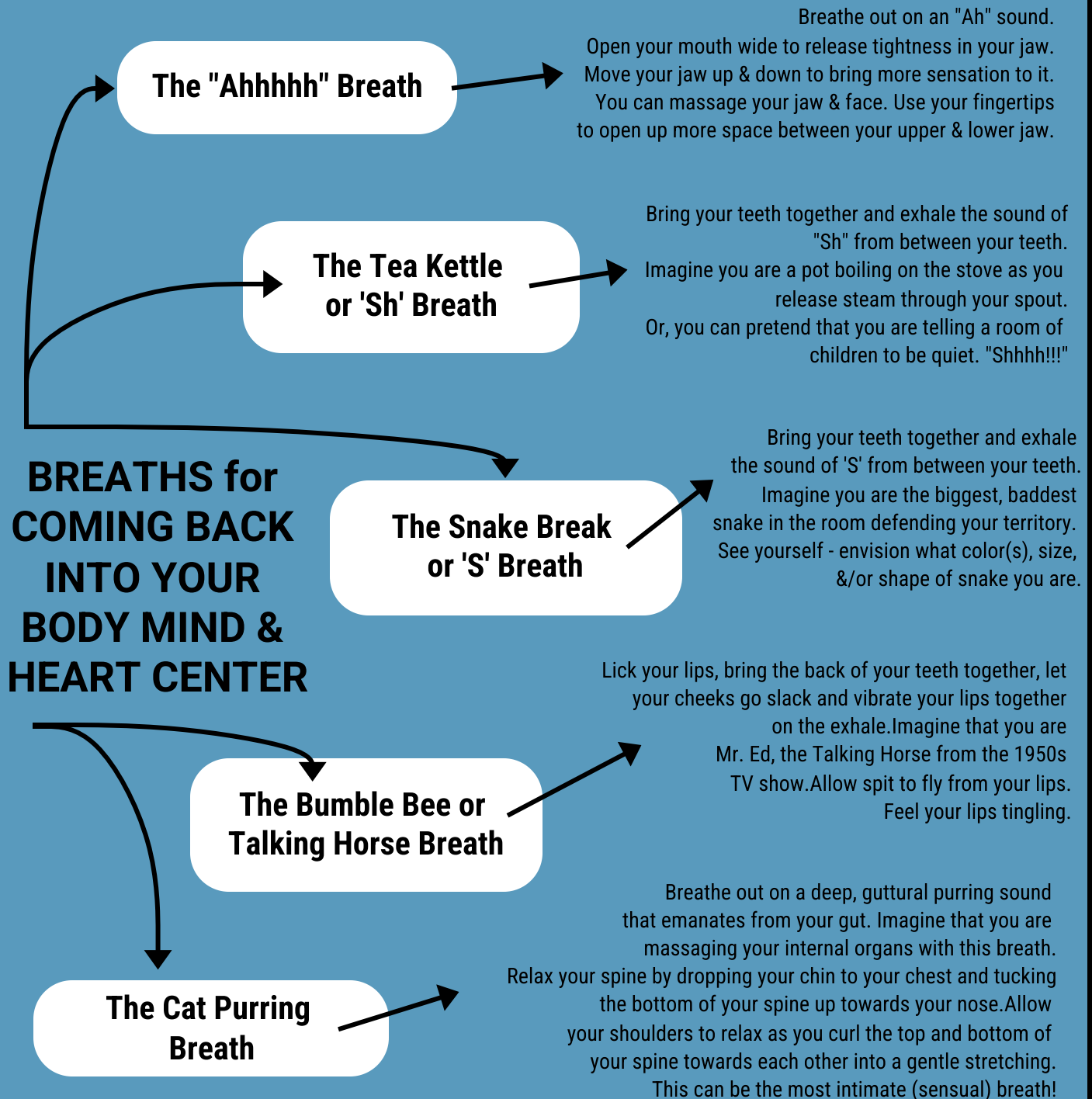
Common Humanity

Recognizing that these
experiences are a normal
part of being human.

IMAGE CREDITS: <https://attheu.utah.edu/facultystaff/how-to-practice-self-compassion/>

**THE MORE COMPASSION WE CULTIVATE FOR OURSELVES,
THE MORE EMPATHY WE CAN HARNESS FOR OTHERS.**

SELF COMPASSION BREATHWORK: *Embodiment Tool #1*



PRACTICE THESE BREATH-WORK TOOLS FOR YOUR EMBODIMENT, *EVERYDAY*.

Repeat a full set of each of these breaths – in and out – 5, 10, 20 times.

Your ultimate goal is to integrate these breaths in your day-to-day – especially when you notice that your breath is short, rapid and/or you are feeling anxious, worried, nervous, confused, etc. Strive to have longer and longer inhalations as well as exhalations. Sit in a comfortable position with your spine elongated and your feet in contact with our Earth.

PRACTICE EMPATHY

EMPATHY IS: *FINDING ECHOES OF ANOTHER PERSON INSIDE OF YOURSELF.*

- **LISTENING** just to listen while attempting to hear another person's feelings &/or experience(s) *without thinking about your responses*. You are listening to understand where that person is speaking from.
- **FEELING** into what another is sharing. Can you relate to their feelings/experiences? Can you feel how these feelings &/or experiences would affect you while still being present to this other?
- **VALIDATING** another person's experience(s). E.g. "I hear that you feel rejected. Ouch – that feeling hurts." Validating someone else's feelings &/or experiences does not take away from your own – yours remain just as valid.

SOLID EXAMPLES:



WEAK EXAMPLE:



EMPATHY IS ABOUT THE OTHER PERSON, ALONG WITH OUR DESIRE TO BE CLOSE TO THEM. IT'S ABOUT SEEING, HEARING & UNDERSTANDING ANOTHER.

"IT'S NOT PERSONAL"

Everybody's choices and behaviors are a reflection of them, and have nothing to do with us. (Even if they tell us otherwise.) Nothing is happening to you here. Rather, *it's all happening for your growth and evolution* – especially the painful, hard parts.

The only thing you can ever control is how you are choosing to respond in any given moment.

Practice staying open to whatever someone else is expressing. E.g. "I hear that you feel {sad..disappointed.. angry} right now." Work towards the place where you can empathize with how these feelings hurt, as well as offer an apology. Say "I'm sorry," not because you did anything "wrong," but because someone else is in pain and you know how pain feels. It hurts. *Everyone hurts.*

Contrary to popular opinion, saying "I'm sorry" does not make you 'weak' and is not an admission of guilt. Rather, it is a demonstration that you too can feel the ache of what this other is experiencing and that you are sorry because you *can* feel how much it hurts. Saying "I'm sorry" is a way of saying, *"I feel it too, and it does hurt. I am sorry that we all have to experience this pain of being human."* In other words, ***we are on this journey together.***

Feeling empathy for someone else's pain takes nothing away from your own experience.
It's not about you. It's about them.

Try not to take things **personally**. What people say about you is a **reflection** of them, not you.

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IMAGE CREDITS: <https://www.linkedin.com/pulse/empathy-emotional-intelligence-understanding-patricia-pouncey/>

INTO THE VOID MEDITATION

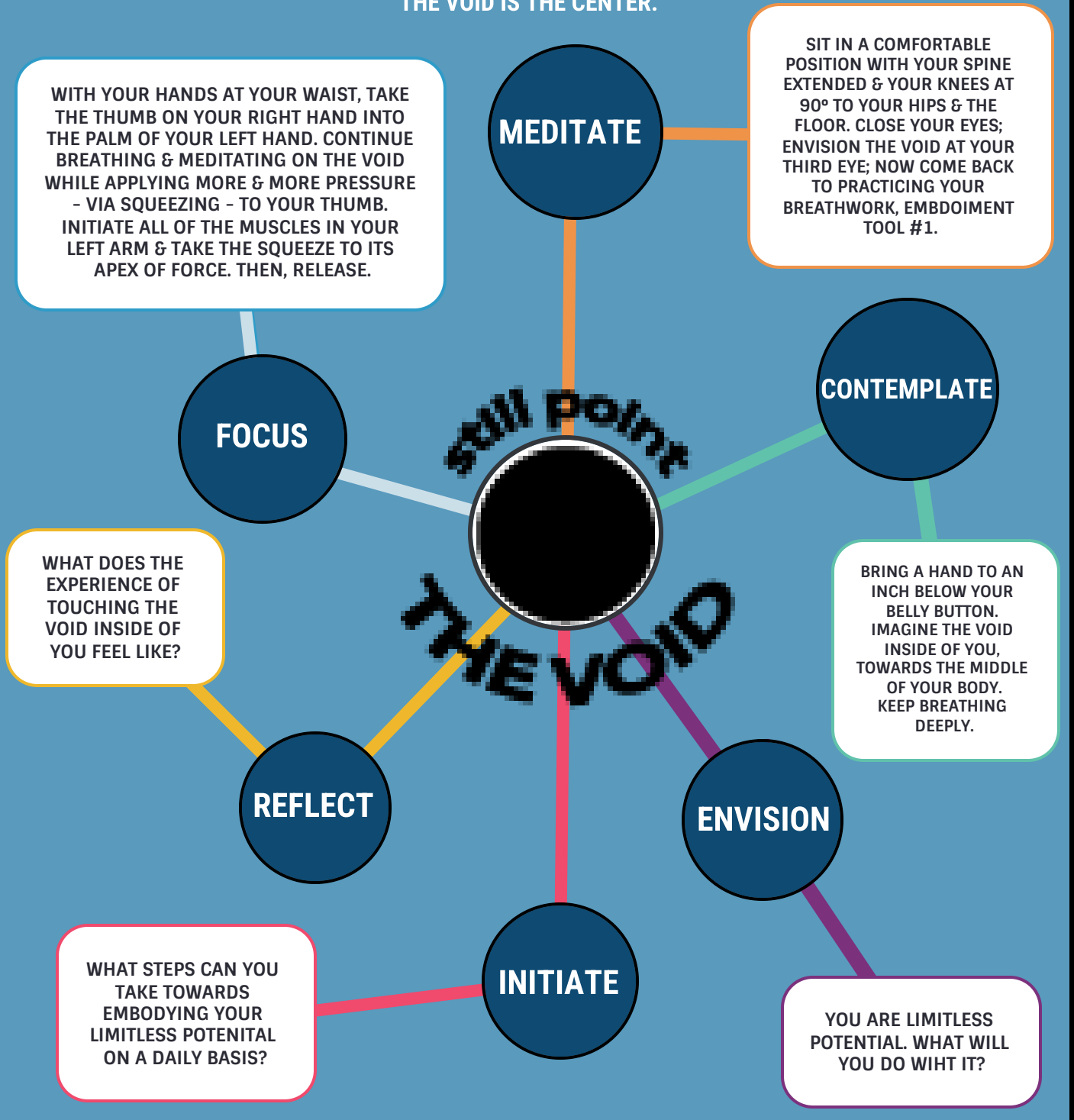
Embodiment Tool #2

Vast empty space. Darkness. A still point. *The Void*.

It is where we begin and end - in both our practice, and life. *This place of pure potential is a mystery.*
It is not meant to be known by the human mind, for it is beyond all rational knowing - all thoughts and words.

It cannot be described, or defined. *It is only to be felt, and experienced.*

THE VOID IS THE CENTER.



BE VULNERABLE

Stay soft in your heart so that you remain open to the present moment and/or to what another person is sharing – especially when you want to respond defensively, guardedly or negatively, in order to push away any discomfort you may be experiencing.

***Your discomfort is about YOU.
IF you want healthy functioning relationships with others,
then you have to make it about THEM.***

AWARENESS

- Develop your self-awareness, which is the ability to see yourself more clearly. You do this through **self-reflective & introspective practices**.
- Then, learn how to become aware of the energy around you. "Reading the room" is about your ability to **decipher the body language of those around you**.
- Come back into your body and feel more comfortable inside of yourself. **Cultivate a regular embodiment practice. (Ask us 'how.')**

LISTENING

- Listen to others without thinking about your response. **Listen just to listen.**
- **Practice reflecting back to others what you heard – the details and specifics – before offering any advice or feedback.**
- "I hear that you feel scared to be honest with me because you are afraid that I will become angry. Is this correct?"

REFLECTION

- Reflect on yourself. **What excites you? What do you feel guilty about? What makes you feel angry, sad and fearful? Etc.**
- Reflect on our world at large. **What problems do you notice? How could you offer solutions to help ease the pain of others?**
- Then, be willing to hear and share in other people's reflections – about themselves, our planet and communities and you.

FEEDBACK

- Before offering feedback or advice to someone, ask first if they are open and/or desiring of it. **"How would you like me to respond?" you can inquire. "Would you like advice, feedback or for me just to listen?"**
- Start asking others for their feedback about You. **"How did that feel?" "Are you comfortable?" "Do you need more support?"**
- **"If so, how can I best support you?"**

HELP

- **Practice identifying what you are feeling as well as any needs you have associated with your feelings. (Ask us how!)**
- **Practice asking others for help. (I.e. Ask us for more help!)**
- Begin identifying when others are in emotional pain while reaching out towards them by **offering your support & assistance.**

ASK FOR HELP

We can override that little voice that says "Shhh...
Don't tell & don't ask."

- **IDENTIFY** what you are feeling. You do this by returning to the sensations in your body, slowing down your breathing & tapping into your heart. Practice making "I-statements" based on what you are experiencing in real time. "I feel angry." "I feel scared." E.g.
- **CLEARLY COMMUNICATE** your feelings & experiences with people you trust. Practice making your I-statements by following them with "Why" you feel the way you do. "I feel scared that you will reject me." "I feel angry that you left me alone after our fight."
- **PRACTICE** asking for the help you need, or for what someone else needs. "I am struggling to know what to do or what I need," is a perfect statement. "Can you help me figure it out?" "I don't know what to do but I know I don't want to lose you. Can you help me?" "_____ is in crisis and needs help. What can we do?"
- **BECOME SO GOOD AT BEING VULNERABLE IN THIS WAY** that you become public with your request(s). E.g. At the dinner table, "Family, I am feeling down and I need help shifting my mindset." Or on social media, "I have just launched a new business and I need help promoting it. Who can help me?"



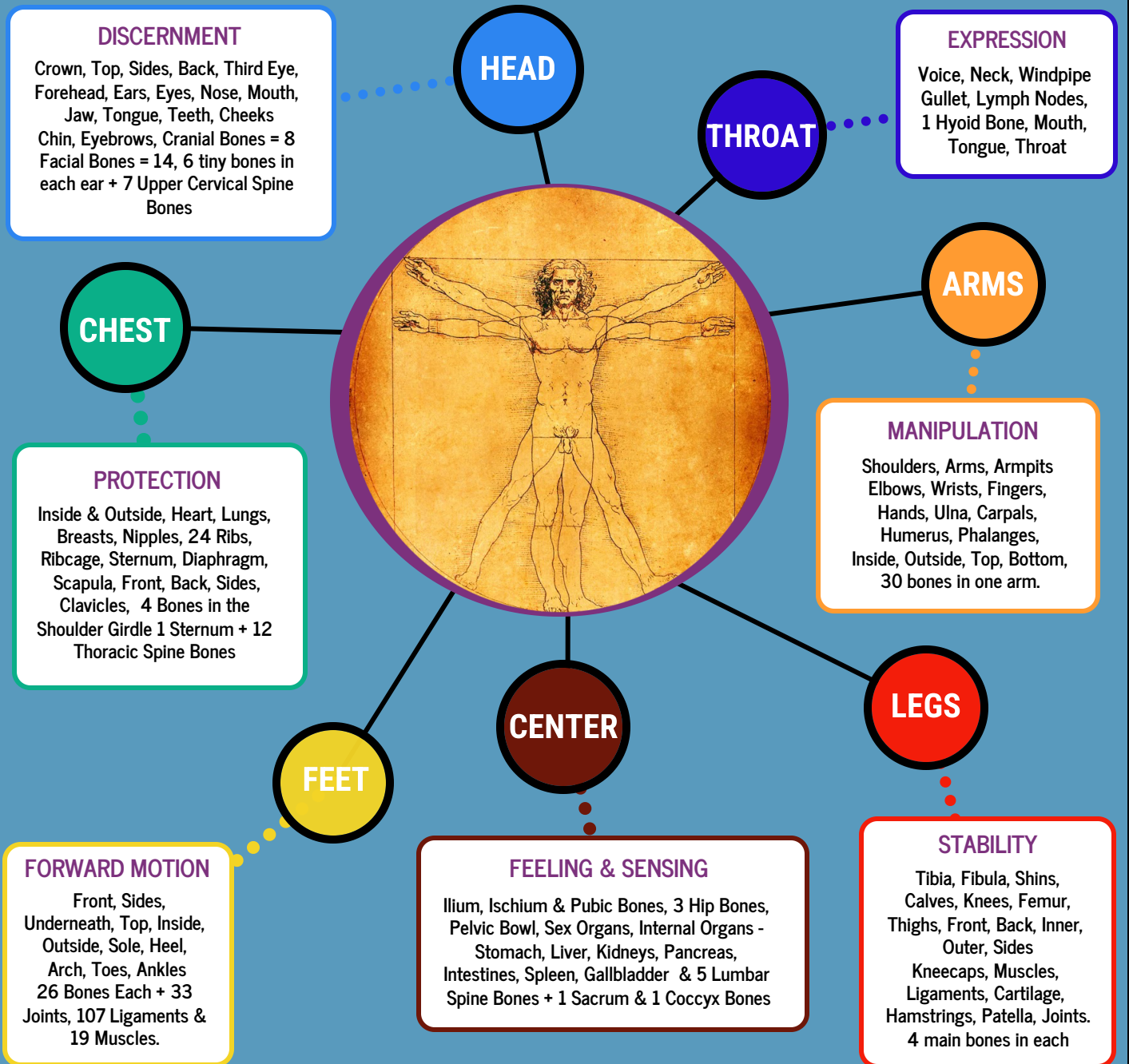
**BE STRONG ENOUGH
TO STAND ALONE,
SMART ENOUGH TO
KNOW WHEN YOU
NEED HELP, AND
BRAVE ENOUGH TO
ASK FOR IT.**



"No" is a perfectly reasonable response at any point in time for you, & others. Rejection isn't a personal attack, or slight. Practice receiving it without internalizing it to mean something about you. Feel grateful that you had the opportunity to ask.

BODY MIND MAPPING

Embodiment Tool #3



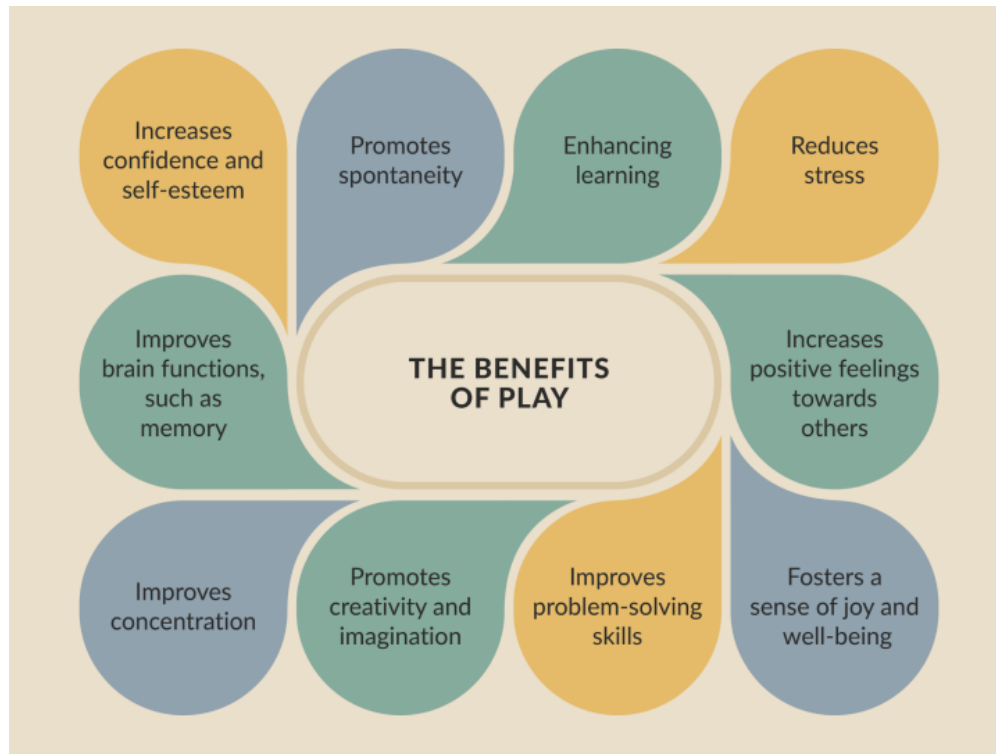
How to Use this Map:

Sit comfortably in a chair with your feet in full contact with the floor, your spine elongated & your hands & upper arms relaxing on your thighs. (Place your palms down to ground your energy, or your palms up to draw energy in.) The white boxes above are there to give you more awareness of your body parts as well as what they are designed for. With your breath long, & your eyes closed, draw your attention inward & down towards your toes. Flex & move your toes while noticing any sensation(s) in them.

Send deep, healing breaths into each part of your body that is mapped here as well as thoughts of gratitude for all of the unacknowledged work they do. Map each body part listed here - beginning with your toes & feet & working your way up. Breathe into each & feel it. Make a note of any thoughts you notice associated with these body parts as well as any sensations you are experiencing in them – either pleasing, or uncomfortable: Notice all of this & then let it go.

Trust that you will remember. ***The more you practice, the easier it becomes.***

PLAY!



We reclaim our softness & embody vulnerability by physically playing games – just as we did when we were children.

Tag, board games, athletic games, dancing, creating something just for the fun of it, etc.

Enjoy a mix of these activities, even though your life is also full with work & paying the bills.



"Play is our brain's favourite way of learning."

=Diane Ackerman=

Innocence, purity, and a beginner's mindset can result – along with a lot of laughter and fun, which tend to be the moments we remember the most.

BE CURIOUS



Image credit: <https://www.futurelearn.com/info/courses/developing-curiosity/0/steps/155983>

Be like a child again. Inquire "Why?" more often than not:

"Why do you feel that way?"

"Why do you believe that?"

"Why do you think that?"

"Why did you behave the way?"

"Why are you crying?"

Your aim is to stay open to the answers that the other person is offering you. You do this by focusing on your breath and staying in your body. Notice if you want to disagree, flee, argue or defend in response. Begin challenging yourself to override these patterns by coming back to your breath and, later, reflecting on why you have been and/or want to respond in the ways that you do.

If you can not stay open and truly listen to the replies to these questions, then remove yourself from the situation. Press the "Pause" button, and say "Excuse me, I need to step outside and take a breath." Be sure to come back to communicate when you sense you will be ready to hear another's honest responses without becoming agitated. If you cannot do this, then you need to seek more help.

SEEK TO UNDERSTAND.
Not to be "right."

FEELING & SENSING: *Embodiment Tool #4*

☐	ACHY
☐	AIRY
☐	ALIVE
☐	BLOATED

☐	BLOCKED
☐	BRITTLE
☐	BRUISED
☐	BUBBLY

☐	BURNING
☐	BUZZY
☐	CHILLED
☐	CLAMMY

☐	CLOSED
☐	COLD
☐	CLENCHED
☐	CONSTRICTED

☐	CONTAINED
☐	CONTRACTED
☐	COOL

☐	CRAMPED
☐	DENSE
☐	DIZZY

☐	DULL
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Continue breathing deeply, as you continue tracing your body mind map by naming the sensations in your body. After identifying the parts of your body that feel un/comfortable, use this graph to describe the sensations you are experiencing. Write them down using 'I-statements:' E.g. "I feel tight in my shoulders." "I feel jumpy in my belly." "I feel tired in my soul." "My eyes feel exhausted." "I feel excited. I feel in love." Add words to this list as need be.

☐	ELECTRIC
☐	ENERGIZED
☐	EMPTY
☐	FAINT
☐	FRANTIC
☐	FROZEN
☐	FULL
☐	FUZZY

☐	GOOSEBUMPY
☐	GENTLE
☐	GURGLING

☐	HEAVING
☐	HEAVY
☐	HOLLOW
☐	HARD

☐	INTENSE
☐	JAGGED
☐	JITTERY
☐	KNOTTED

☐	LIGHT
☐	LIMP
☐	LOOSE
☐	NUMB
☐	OPEN
☐	PARALYZED
☐	PAIN

☐	POUNDING
☐	PRESSURE
☐	PRICKLY
☐	PULSING

☐	QUIET
☐	QUAKING
☐	QUEASY
☐	RADIATING

☐	SLOW
☐	SOFT
☐	SORE
☐	SPACEY

☐	RAGGED
☐	RAW
☐	RELAXED
☐	RIGID

☐	SENSITIVE
☐	SETTLED
☐	SHAKEY
☐	SHARP

☐	SPACIOUS
☐	SPARKLY
☐	STIFF
☐	STILL

☐	STRONG
☐	SUFFOCATED
☐	TENDER

☐	TINGLING
☐	TREMBLING
☐	TWITCHY
☐	VIBRATING

☐	WARM
☐	WEAK
☐	WOBBLY

☐	WOODEN
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RECOGNIZE PATTERNS

Mathematics is the study of patterns found in nature. Each pattern carries its own frequency. *You are nature and you are a frequency.* That frequency is either denser or lighter depending on the energy of all your patterns combined.

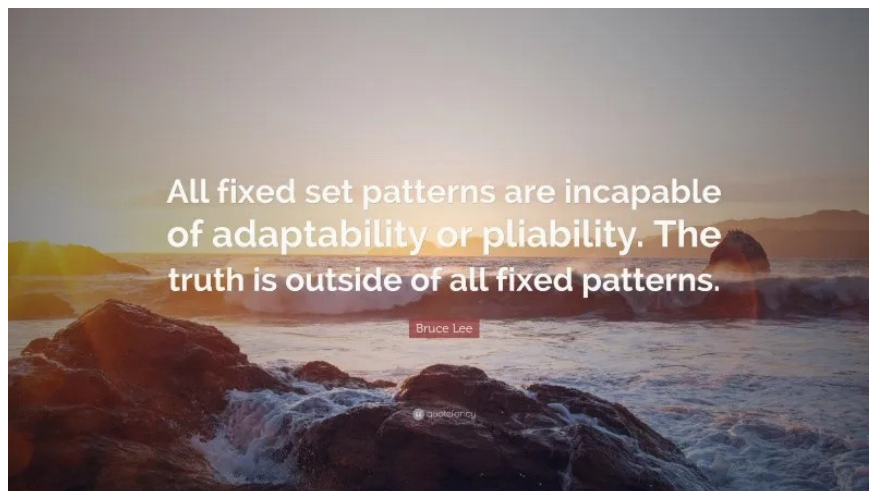
Becoming familiar with your patterns is how you become more self-aware as well as more emotionally available in your relationships.

- *Reflect on, and write about, how you tend to respond in moments when you feel angry, scared and sad.*
- *How often do you feel uncomfortable & what do you do when you feel this way?*
- *How often do you experience feelings of joy? How do you express these?*

We are not just isolated beings, however. *We do not grow in a vacuum.* We are a species that is social by nature. Thus, *our bodies, minds and hearts have been greatly affected by the patterns that have been in play on planet Earth for millennia.*

A “powering over” mentality in which force, violence and fear has been used to control people is our shared intergenerational trauma.

- *Reflect on, and write about, how this trauma has affected you, and your family.*
- *Do you still attempt to “power over” people? If so, how?*
- *And how can you begin to power with others?*



VALUE PROGRESS!

"Progress, not perfection," along with "Seek to Understand" are two mantras that Emotional Fitness Dojo Founder Burt Lo often repeated.

We can learn how to begin measuring our progress over time. This tool allows us to soften our harsh voice of self-criticism and release perfectionism.

Transformation isn't sweeping change that happens overnight. (Although it can be.) Rather, it's a baby step by baby step approach to day-to-day living.

- Are you doing a better job today at living a life of more integrity?
- Are you in greater alignment with your purpose and passion than you were last year?
- Are you catching your "mistakes" and/or repairing whatever messes you have unconsciously made quicker now than you have in the past?

7 Ways To Release Perfectionism

- Recognize that perfectionism hurts you and those around you.
- Realize that perfection is unattainable and can only make you feel like a failure.
- Choose standards that feel reasonable.
- Focus on "good enough" not perfect.
- Only compare yourself to you.
- Be proud and accepting of your humanity.
- Appreciate mistakes provide opportunity for growth.

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You are going to struggle and you are going to fail. Give yourself the grace in accepting all of this as normal, human behavior. So-called 'failing' also means that you are making attempts at trying new things, or approaches.

Celebrate your so-called failures as success because it means that you are making an attempt & taking a risk.

Measure the amount of time between when you make a 'mistake' and how long it takes for you to catch and repair it.

Begin applying a "YES! And..." approach to life. Instead of thinking in a black and white, "either/or" mentality begin expanding into the realm that all is possible and that it is only our myopic thinking that is holding us back.

Learn how to respond to others more from "Yes, and..." and less from "Yes, but..."

ENVIRONMENT MAPPING: *Embodiment Tool #5*

CLOSE YOUR EYES, BREATHE DEEPLY & IDENTIFY FIVE, DISTINCT SOUNDS IN THE ENVIRONMENT AROUND YOU. DESCRIBE THE SOUNDS YOU ARE HEARING. & THEN SHARE ONE OR TWO MEMORIES &/OR THOUGHTS THESE SOUNDS ELICIT.

EXAMPLE

CAR ENGINE
REVING OUTSIDE
LOUD, EXHAUSTIVE
FAST, PEELING

YOU ARE HERE...

YOU AREN'T THE CENTER OF
THE UNIVERSE THOUGH.

YOU ARE RESPONSIBLE
FOR HOW CLEARLY
YOU ARE PERCEIVING
LIFE AROUND YOU.

Takes
me back
to my first date
to the movies...
I wonder about that
girl.

Reminds me
of my father's
1974 Chevelle

PLACE THE TIP OF YOUR TONGUE ON THE ROOF OF YOUR MOUTH & KEEP IT THERE AS YOU CONTINUE BREATHING DEEPLY & OBSERVING. THIS WILL HELP SHIFT YOU OUT OF A VALUING/JUDGMENT MINDSET

E.g. "That's cool." "That's lame." "She's ugly." "She's pretty." Etc.

AND INTO IN AN OBSERVATIONAL FRAME OF MIND IN WHICH YOU ARE SIMPLY OBSERVING LIFE.

I.e. "I notice that he is running at a fast clip using mainly the ball/top of his foot while swinging his opposing arms rapidly. This reminds me of my track coach who advised using the entirety of the bottom of our feet in order to have a more efficient stride." "I notice that she is wearing a long skirt & flat heeled shoes with no makeup. This reminds me of my high school math teacher."

IN CONCLUSION



**Use these tools in your everyday life,
and especially within your most intimate relationships.**
**You can also check-in with yourself, and your closest loved ones, by
inquiring how you are demonstrating each of these nine tools, and then
begin identifying which ones are your strengths and which ones need
strengthening within you.**

***About the number 9 according to the study of numbers (called numerology): ***

Numerology is an ancient branch of esoteric wisdom that draws cosmic meaning, purpose, and guidance from numbers and number combinations. Almost everything holds meaning in the world of numerology, including a person's birth date, address, name, and phone number. In numerology, the number nine represents completion, wisdom, and initiation. It is the last of the single-digit numbers and the highest in value. It symbolizes a culmination of wisdom and experience, and buzzes with the energy of both endings and new beginnings.



***Need, or want, more support
in practicing these tools?
Hungry for more?
Hop into our
1-on-1
coaching program.
*You got this!****



RESOURCES

CRISIS NUMBERS:

In the USA, the 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you'll connect to mental health professionals with the Lifeline network.

For suicide prevention, awareness and support around the world, please visit iasp.info/suicidalthoughts/. Another online, international support system suicidestop.com states, "There's nothing to lose. Calling a suicide hotline is a great way to vent and get sound advice on how to deal with your problems. If you want to help yourself or someone else, this is a great place to start. We have an extensive list of countries and their relevant suicide hotline telephone numbers."

ONLINE THERAPISTS:

Specific to Men & Depression:

<https://headsupguys.org/getting-help-for-depression/types-of-mental-health-professionals/find-a-therapist/>

The Best Online Therapy, According to a Therapist:

<https://www.verywellmind.com/best-online-therapy-4691206>

ONLINE TOOLS for Coping with Stress & Building Resilience:

This Way Up, Australia <https://thiswayup.org.au/resilience-tools/>

WEBSITES & ARTICLES:

The Good Men Project -The Conversation No One Else is Having

Article: [Redefining Masculinity: How Good Men Can Thrive Without Losing Themselves](#)

Psychology Today

Article: [Men Are Afraid to Ask for Help: The Negative Outcomes of Not Seeking Help](#)

Very Well Mind

Article: [How to Be Vulnerable: Examples of Vulnerability and How it Can Improve Your Relationships](#)

Marriage.com Article: [15 Useful Tips for How to Show Empathy in a Relationship](#)

ORGANIZATIONS:

Sacred Sons: Strengthening Men's Mental, Physical, & Spiritual Health

Online Calendar >> <https://www.sacredsons.com/calendar/>

EMOTIONAL FITNESS DOJO FREE PDFs (click for links):

[Identifying Emotional Pain in Yourself or Others](#)

[Practicing Acceptance: A Free Musical Setlist plus more!](#)