

THE DAILY PRACTICE OF HEALING EMOTIONALLY THROUGH THE POWER OF BEING REAL TO YOURSELF

WITH BODISYNC

THE PRACTICE OF HEALING EMOTIONALLY THROUGH
THE POWER OF BEING REAL TO YOURSELF

RECOGNISE

Your Emotional
Response



LIVE

Through The Power Of
Living In This Moment

REAL

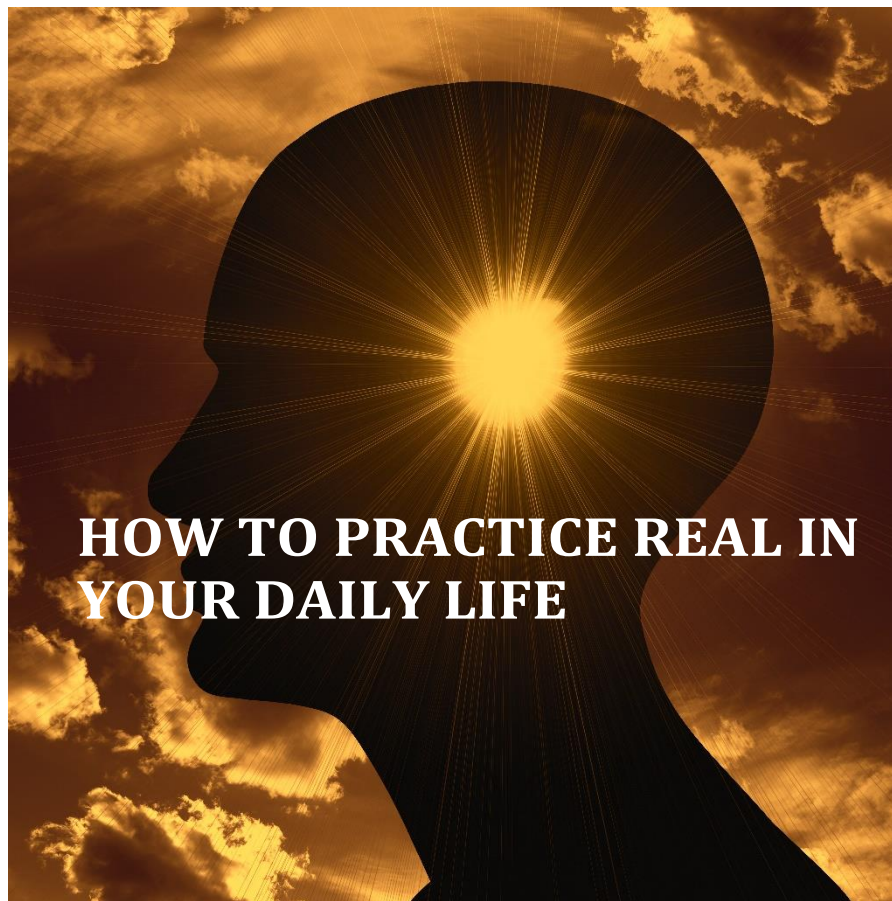


ENQUIRE
Why Emotions Are
Here

ALLOW

Your Emotional State
To Come To Light





HOW TO PRACTICE REAL IN YOUR DAILY LIFE

WHY BE REAL TO YOURSELF?

opening up a dialogue with our emotional state

We often go through life suppressing our negative emotions. Our mind buries our most significantly traumatic memories deep into our body's tissues.

Do you know the feeling? The same emotional trauma coming up, impacting your life on an almost daily basis?

Meditation and Breathwork are therapeutic acts of manifesting our thoughts into something tangible, something we can visualize, make separate from ourselves, and offer us an incredible perspective into our emotional wellbeing...

But when we end up letting these thoughts bring out the same themes over and over again and being unable to let them go how much are we really helping ourselves?

Recently during a particularly difficult period in my life, the words HEAL one night came into my conscious very vividly whilst I

was meditating.

I distracted myself from the destructive thoughts I was having by focusing on this word, this acronym that profoundly grounded me. This process ended in dismantling an emotionally turbulent situation in minutes that would have otherwise lasted days.

Since then, I have devised a 4-step method called REAL to balance my emotional state which I use every day, in my meditation practice. It digs deeper than any method I've ever known.

It is no cure. For we are not sick. It is a reminder of who we already are, what we already are and the incredible power we already hold to honor how we feel, bringing an investigative element into the truth of our experience.

After all, our pain does not seek to be truthful - it seeks to be loved.

THE 4 REAL STEPS FOR EMOTIONAL WELLBEING

You can integrate these four steps into your regular routine easily by the following methods:

- As soon as you wake up to check in with your emotional state of mind
- At the end of your day as a reflective tool on the challenges you faced
- As immediate relief when overwhelmed with feelings of anxiety and fear

REAL RECOGNISE

Firstly, recognize your emotional response or general state by using your hand to touch the area in your body that you feel hold the emotions. Take a deep breath and note how you feel, telling yourself that you acknowledge these feelings; that they are seen and heard. By reminding yourself it's ok to have these feelings and locating their presence in your own body, you bring them into conscious awareness, where you have most power over them.

REAL ENQUIRE

Once you have recognized your emotions, dig a little deeper into why they are here and where they come from. This step takes most practice because you need to be honest with yourself as well as cultivate a genuine curiosity to the origins of your pain, below what seems obvious. Ask yourself questions such as, "Is this emotion truthful to my situation, or is it habitual?" and "Which one of my unmet needs is this emotion really speaking from?" - The more you ask yourself 'why' the more you reveal potential resistances in your body. Note and write down all the potential reasons for where these emotions originate, and when you have located it through intuitive agreement, move on to the next step.

REAL ALLOW

Allow the origin of your emotional state to come to light now. It will often be very difficult to face this core reason as it plays on your past trauma, your habits, your addictions, your childhood experiences, your desires and your unmet needs. Have the strength to sit with yourself in stillness, allowing everything within you to simply be in this moment. All belongs in this moment. Give yourself space, without judgement, to simply breathe and be with this emotional state.

REAL LIVE

Through the power of living in this moment, all is healed. All comes back to its original state of openness and presence. Remind yourself in this step that you do not need to live for anyone or anything else, you have the power and the desire to live in the perfect harmonious environment you have created for yourself, a safe place you can you're your mind to whenever you need to. Lean back into who you really are by connecting to your Self through a moment of mindful breathing or meditation. Acknowledge and write down a statement of kindness towards yourself. This will look different to everyone. For some, it might be "It's ok. I know you are having a hard time right now. You will get through it." For others, it might look more like a letter to a friend, "Dear friend, you are doing your best right now, I see that. I see you. You are so worthy." Offer yourself kindness if you cannot find the love within. Self-kindness is Love's soul-sister. She has a way of starting a little flame within you that has the power to become an inferno.

This practice is one that nourishes our emotional wellbeing into a tool that helps us navigate our lives, our businesses, and our personal development. Its success is dependent upon our own intention but made a whole lot easier if we have an accountability partner.

If you know a beautiful heart-centered friend who would benefit from this practice, please send this on - you have my blessing and support!



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