

## EMOTIONAL MASTERY

Learning to regulate our emotions means that, over time, we have learned and practiced several skills –



**1>** We have the ability to allow our emotions to surface and to feel and experience them, instead of resisting them, going numb, or projecting them onto others. They may surface during a disturbing situation, or they may surface during our quiet time. Either way, we have the ability to be aware of them and stay present to them.

**2>** We have the ability to identify by name each of the emotions that surface. Since more than one emotion often surfaces at the same time, journaling can be helpful.

**3>** We have the ability to listen to and receive the message, if any, that each emotion wants to share with us. Journaling can be helpful in this step too. Sometimes the message may be an old story that doesn't serve us any longer, and sometimes it may be an important insight. Sometimes though we may simply experience our emotions in silence and solitude.

**4>** Lastly we have the ability to surrender and let go of the emotions. It doesn't matter to who or to what we surrender – God or Spirit or Mother Earth. It only matters that we surrender.

**5>** Repeat. Often. There is always more – always a deeper layer calling for our attention.

As a result of learning how to process our emotions through each step, we start to be able to make better choices going forward, instead of emotionally reacting and repeating old behaviors that lead to more pain and chaos.

**The very nature of our awareness is to know what is happening.**

**The very nature of our heart is to care.**

~ Tara Brach

Emotional Mastery takes time.

We need to be kind and patient with ourselves and with others.

Inner work is difficult work.