

Emotions Flow into Life Force

By observing and respecting the opposites with equal attention,
the Flow will shift and get unstuck on its own.

Contraction Centers of Intelligence		Driving emotions which need to be honored:	Expansion Higher Essence
Body Center (brain stem/instinctual): Fight, flight, freeze <div style="text-align: right;"><i>Fight</i></div>	Mind Heart Body	Frustration Anger Rage*	<i>Move around & be...:</i> Curious Seek out Play, walk, move
Head Center (cortex/direct knowing): Thought, Fixation <div style="text-align: right;"><i>Flee</i></div>	Mind Heart Body	Anxiety Fear Terror*	Holy Ideas 5 omniscience 6 faith 7 work 2 freedom 3 hope 4 originality 8 truth 9 charity 1 perfection
Heart Center (limbic system/emotional): Passion, Vice <div style="text-align: right;"><i>Freeze</i></div>	Mind Heart Body	Distress Grief Panic*	Holy Virtues 5 detachment 6 courage 7 sobriety 2 humility 3 honesty 4 balance 8 innocence 9 action 1 serenity

*Overwhelming emotions that throw us into fight, flight or freeze.

There is a part of our being that wants attention. Follow that energy. **The body is always in the present moment.** You cannot control sense emotions in your body. They need inclusiveness and acceptance.

Go into the discomfort of your overwhelming emotions. The goal is to increase your capacity to stay and be present with yourself, instead of being stuck and reacting with fighting, fleeing and freezing.

When you recognize and observe your stuck-ness, you can complete the fight, flight or freeze response, which in turn allows for the discharge and relaxing of your nervous system so that you and your nervous system can shift into the Flow and Life Force.