

## THE FIVE STEPS OF EMOTIONAL MASTERY<sup>©</sup>

We are not the emotions we feel. We *carry* the emotions we feel; some deeply primal, a few of our own, and a lot from our families and our ancestors. Learning to ‘regulate’ and process our emotions means that, over time, we have learned and practiced several skills –



### 1> Feel it.

We have the ability to allow the emotions to **surface** and then to **feel** and **experience** them, instead of resisting them, going numb, or projecting them onto others. Emotions can get provoked and kicked up during a disturbing situation, or they can surface during our quiet time. Either way, we have the ability to stay fully present with them.

### 2> Name it.

We have the ability to **identify** by name each of the emotions that surface – which oftentimes is more than one emotion at a time and oftentimes they are seemingly opposing emotions. It’s ok to feel more than one emotion at a time. Journaling can be helpful here.

### 3> Listen to it.

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

### 4> Surrender it.

Lastly, we have the ability to **surrender**, let go of, and release the emotions and old stories that we carry. It doesn’t matter to who or to what we surrender – God or Spirit or Mother Earth. It only matters that we surrender, let go of, and release – returning what no longer is serving us to Source.

**5> Choose the behavior.** After surrender and release comes a feeling of relief and lightness. Clarity, compassion, and an expansion of choices break through. New possibilities and new potentials.

**5(a)> Repeat.** Often. There is always more – *always* another deeper layer calling to be processed. *Wash, rinse, repeat.*

As a result of learning how to process the emotions we carry through each step, we start to break free from our cycle of emotional reactivity and old patterns of behaviors. We start to develop the ability to make better choices going forward, paving the way for more constructive outcomes and deeper connections with others.

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

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

~ Tara Brach

With Emotional Mastery comes emotional resilience –  
the welcoming of all our emotions and the breaking open of our heart to Life.

Which takes time.

We need to be kind and patient with ourselves and with each other.

Inner work is difficult work.