

EMOTIONAL MASTERY

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> 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 be aware of them and stay fully present with them.

2> 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 with this.

3> We have the ability to **listen** and to **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> Lastly we have the ability to **surrender** and let go of the emotions and old stories. It doesn’t matter to who or to what we surrender – God or Spirit or Mother Earth. It only matters that we surrender and let go – returning the emotions to Origin.

5> Repeat. Often. There is always more – always another deeper layer calling us to be processed. Always.

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

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 Wisdom –
the welcoming all of our emotions and the opening of our heart to Life.

Which takes time.

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

Inner work is difficult work.