

# A Way to Process Stress & Emotions

Here are some guidelines that might help you:

A way to process emotions so that you can shift the body's stress state:  
(Breathe->Be->Feel->Think->Do)

1. Breathe. continue to just breathe until you can BE.
2. Be. Be... feel your calm, present, permanent, peaceful, powerful part.
3. Feel: first feel physical senses & sensations: and give your body what it needs to feel as good as possible in that moment within reason:  
Rest/sleep, movement of any kind, hydration, nutrition, sun and.... breath.

Back to breathe. Again breathe..... until you can BE.

Be..... being... not thinking... not doing.... not feeling... BEING...  
BEING...the peaceful powerful permanent present part.

Is there anything else you need to help you to feel that part of yourself?  
Elements of nature: plants, flowers, animals, water, sun, wind, earth, minerals,  
music, sound, art, movement, chanting, singing, humming, reading, breathing etc  
What is it for you that makes it easier to feel the beauty of your \*being\*?  
Thinking of something that brings the alive feelings of joy, inner happiness, etc?  
Once you feel you have enough of that part of yourself then proceed.

Now: Choose just 1 topic that is weighing you down right now.  
You might be tempted to say, now nothing is weighing me down because now I feel good.  
But then you would have wasted the feel-good energy.  
It is needed to help take care of the not feel so good feelings & emotions.

Keep the topic as short as possible. Could be a person, event, memory, a conversation, a text,  
and email, a news story, something in your body, a thought, a feeling. Keep the topic as SHORT  
as possible, as few words.. just enough to feel SOMETHING in your body.

Then with your BEING energy (the part that is NOT thinking, doing or feeling)  
(the peaceful powerful present permanent part):

Approach your HEART with that topic in MIND..... first feel something general like a heaviness..  
tightness... contraction... darkness....  
Breathe into your LUNGS so that your lungs are kind of, well actually hugging your heart.  
FEEL that you are STILL the peaceful present powerful permanent part AND also you have  
something on your MIND that is weighing you down and therefore you have some feelings in  
your heart. Approach the heart with your BEING

... approach the heaviness or the feeling in your heart with your own caring presence.  
Do not approach the feeling with your thoughts!  
And avoid approaching your thoughts with your feelings!

If you notice that you are caught in the thinking-feeling-thinking-feeling torture chamber:  
go back to the beginning and Breathe until you have enough Being  
to Feel without getting lost in feeling/thinking.  
This is what it really means to stay present.

Once you can calm your own heart by being present to it, by ALLOWING yourself to  
have HUMAN feelings... the feeling will actually lighten or soften or relieve a little bit.

Then you can get more specific: about this ONE topic (same one as above):

Feel the sadness (loss) in your heart about the topic. More accurately:  
BE WITH the sadness until it feels a little lighter, softer, relieved.  
Stay present with it and it will feel a little bit better.  
This is the 3rd way: between burying it and being buried by it.

Feel the anger  
(it's human that there will be part of you that wants to blame something or someone).  
Just breathe into your lungs to create space in your heart for some anger.  
It doesn't matter if the anger is from the actual or the mental or both.  
Just find a little bit of anger (connected to an angry thought),  
but keep the thinking small, and the feeling the focus of your attention.

Feel the guilt (blaming yourself).  
Again, it doesn't matter if the guilt is from the ACTUAL or the MENTAL.  
It doesn't matter. Just find a guilty thought (keep it small) and FEEL that feeling and breathe into  
your lungs so that you are able to BE WITH that feeling of guilty and just KNOW that as a  
HUMAN BEING... given this topic it is natural that you have a feeling of guilt so give it some  
space and be with it until it softens or lightens even just a little bit.

Feel the fear (future hurt).  
Again.... like the 4 parts of a bruise being purple, blue, green, yellow: the 4 parts of our hurt  
heart are: sadness, anger, guilt and fear. So find the fear thought (keep it short) and focus on the  
fear feeling and practice the 3rd way.... neither burying the feeling nor being buried by it.

By staying present with these emotions.... they actually calm down a little bit... this allows higher  
structures in your brain to come back online, for real!

You can use any of the elements above that you used to increase your BEING...  
.. you can use those to acknowledge your feelings: be as creative as whatever occurs to you. One  
woman burned her feelings on a paper in the sink and it was very healing. You can use: water,  
wind, fire, earth, plants, flowers, animals, minerals, sound, music, singing, moving, dancing, art,  
poetry, etc... anything else!

Once you have brought a little bit more of your brain back online through the above process. THEN it is a better time to use your thinking :)

Before that, your thinking will be based on whatever sadness, anger, fear and guilt that are there and therefore running the show.

A stressed brain just doesn't come up with the best solutions and answers.

A stressed heart will create a stressed brain. A calmer heart will create a calmer brain.

So NOW look at the topic from literally this higher place in your brain and ask what is a new thought, action or interaction, a new response to this topic?

If it is helpful you can break it down with each of the feelings:

Be with the sadness so it is not alone and ask what thought action or interaction does this sadness need from me? Just practice being sure YOU are the one in control, not the sadness. (It may not need anything else other than for you to BE WITH it)

Be with the guilt and ask what thought action or interaction does this guilt need from me? (It may not need anything else other than for you to BE WITH it)

Be with the anger and ask what thought action or interaction does this anger need from me? (It may not need anything else other than for you to BE WITH it)

Be with the fear and ask what thought action or interaction does this fear need from me? (It may not need anything else other than for you to BE WITH it)

If at any time it's all sort of fuzzy... go back to the beginning.

Maybe you need:

Rest/sleep, movement, hydration, nutrition, sun, BREATH or something else.

NOTE: Feelings are either from the actual, from the mental or from both.

Just like if we imagine a lemon, we might start making saliva... same with our feelings.

It doesn't matter if we feel sad, angry, guilty, afraid because of what has ACTUALLY occurred or because of our THINKING. The feeling is the same.

And the first thing those feelings need is our loving attention.

It is the most powerful magical paradox, it's a Magidox!

That when we can cultivate enough BEING PRESENCE that we can BE WITH our feelings

... it is the most powerful way to get our power back to RESPOND from presence...

... rather than REACT from feelings/emotions.

Do this as often as possible and as often as necessary with as many things that are weighing down your mind, heart, body and life situation until...

as it says in the 12-step tradition, "it gradually becomes a working part of the mind"

I suggest doing at least one of these per day either on paper (writing/art) or just internally.

If you do more, you are likely to get faster results.

And please feel free to let me know what questions you have about this process or these guidelines.