Dealing with Negative Emotions Protocol - https://youtu.be/HDw6ad2tqYc

Through a simple two-step process of identifying an emotion and then being with it you have the most powerful tool I know of to clear negative emotions and beliefs from your life so they no longer control you.

Step One - Identifying the negative emotion

You can use the protocol when you feel flat or disconnected from life.

Feeling flat is often a sign that negative beliefs are at work.

So here the first step is to identify the underlying emotion.

There are only a limited number of these emotions. Here is a list:

Fear Grief Anger Judgement Shame Guilt Loss Victim Despair Separation Undeserving Self-disgust.

In order to find the underlying emotion say out loud: *I'm feeling flat.*

Breathe and check how you feel.

Then say out loud each of the words in the list.

Breathe as you do so and notice how each word feels to you. Is there one that stands out? Does one make you feel lighter just by speaking it?

If so this is the emotion that is likely behind your current dis-ease.

If no emotion stands out go through this list again, this time breathing deeper and more slowly with each word.

Step Two - Being with the Emotion

Once we have identified the underlying emotion the next step is simply to be with it.

We are not going to fight it. We are not going to try to get it to disappear.

We are simply going to be with it. Let us say the emotion we have identified is guilt.

Begin by allowing yourself to breathe into the emotion.

As you breathe feel the guilt as deeply as you can.

Say out loud: *I see you guilt. I feel you guilt.*

Again, do not try to change the guilt. Just breathe and acknowledge its presence.

After a minute of breathing, feeling and speaking to the guilt, go to the next level and say out loud *I love you guilt.*

Continue for another minute breathing and saying all three phrases. Be aware of any changes in the way you feel.