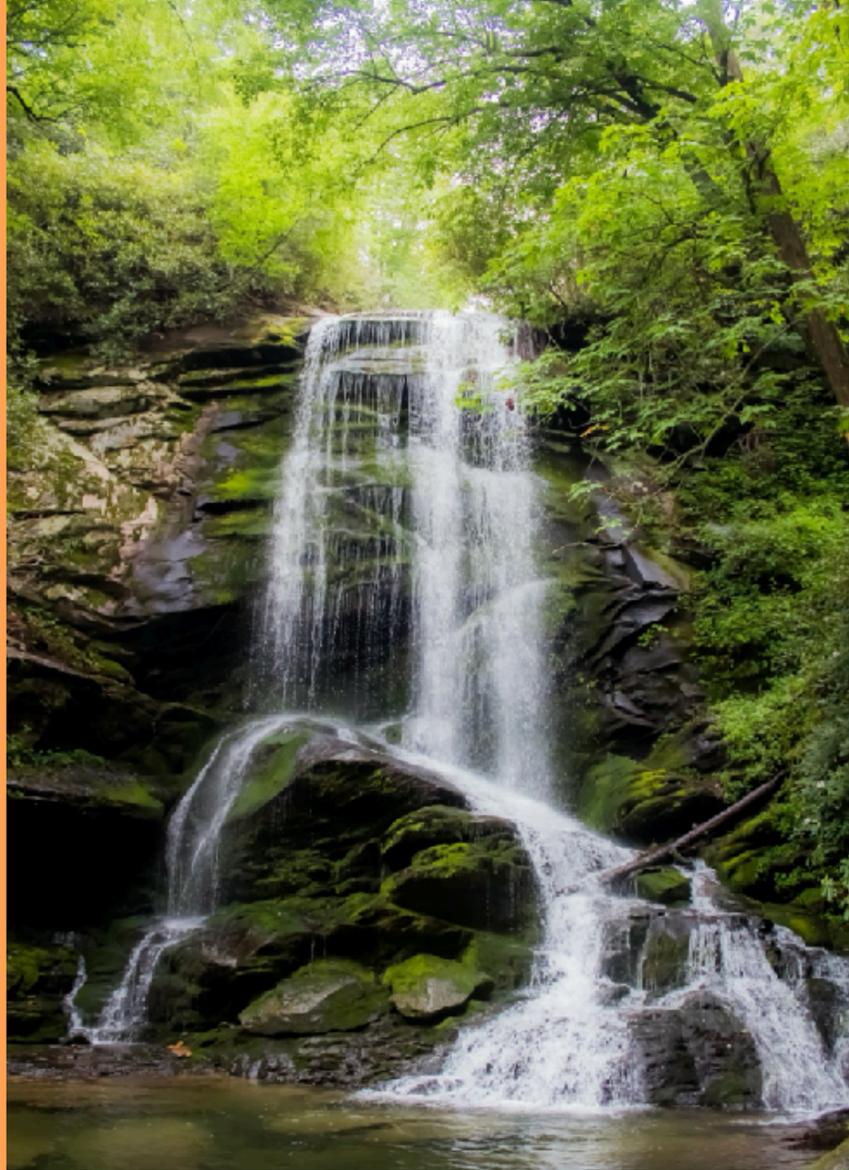




DEEP EMOTIONS, DEEP TRANSFORMATION

E-MOTION: Energy in Motion



Emotion is the *feeling* of life within us. It is the nature of life energy to move.

1. We are **MOVED** by life

2. Life energy needs to **MOVE** through us

We are moved BY life

Life is movement. Energy is always in motion. We are affected and moved by life all the time in every moment.

When we feel moved, we are feeling emotion. We feel this as sensation through our body and our being - everything in us gets involved. It is physical, mental, emotional and spiritual.

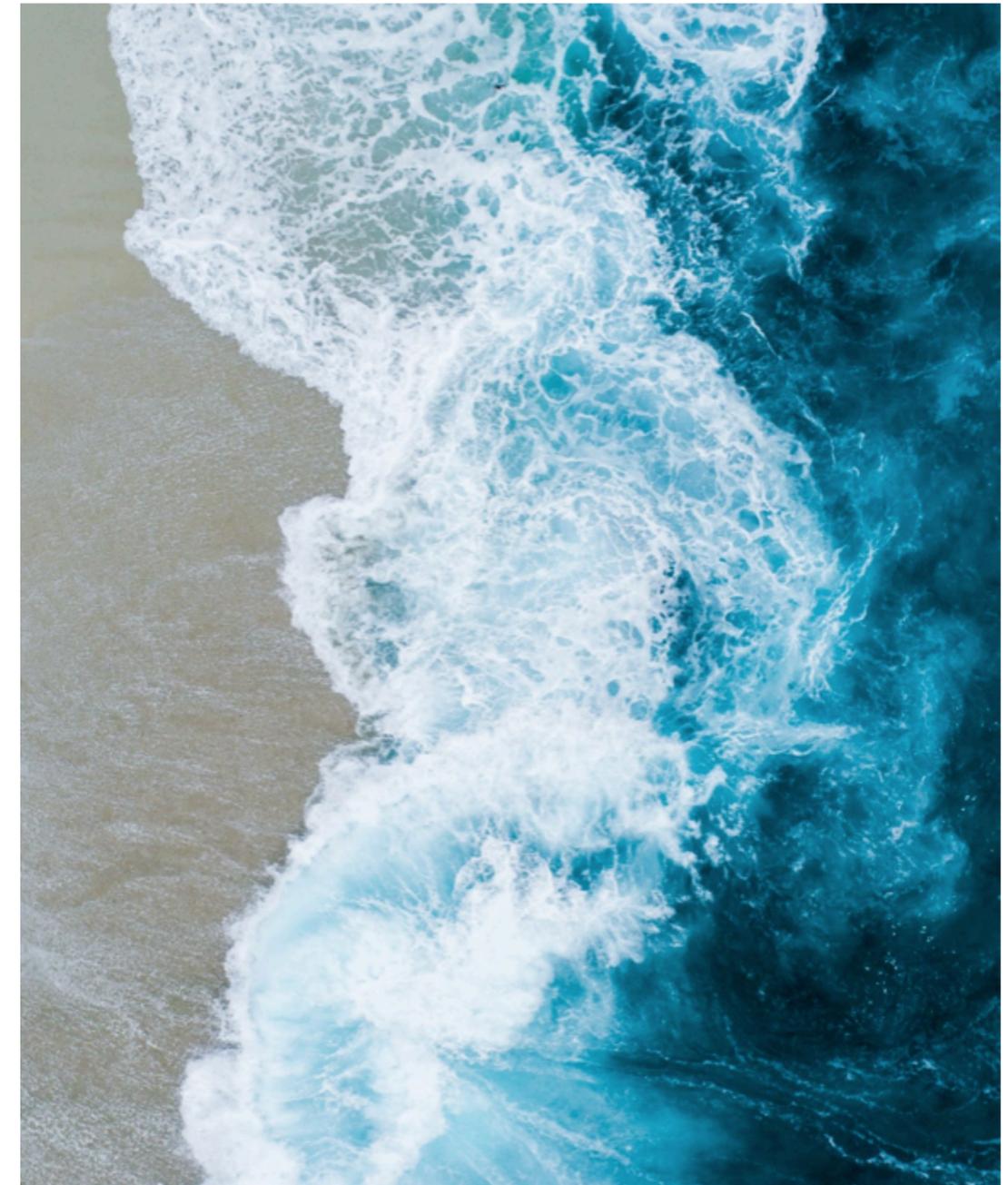
As emotion comes, it subtly shifts and aligns us as it passes through us. If we allow it to it kisses us as it passes through. It heals and re-orders as it goes. It lands us in a new place, on a new shore.

Just to be clear . . .

We are not trying to get *through* any emotion, to get it over and done with.

Emotion is not linear, it comes in cycles, spiralling back to us at different times in our life. It comes in wave form.

We don't want to get rid of it. We want to open to its movement, energy and *gifts*.



Life Energy needs to move THROUGH us

This energy that comes has information and intelligence relevant to this moment of time. It comes with what we personally need to express in order to be in and of the movement of What Is.

It does not come to stay. It does not come to be still, or to stagnate, or to fester. It comes to move Through. It is directional.

This enables us to be *in the movement of Life*. When we are being moved by life, we are part of the flow of What Is.

EMOTIONS ARE NOT IDENTITY

- Feeling any emotion - especially a recurring one, especially a difficult one - does not tell us anything about *who we are*. It does not define us: feeling a lot of anger doesn't mean we are an angry person.
- It tells you about your relationship to, and your experience of, your life at this time.

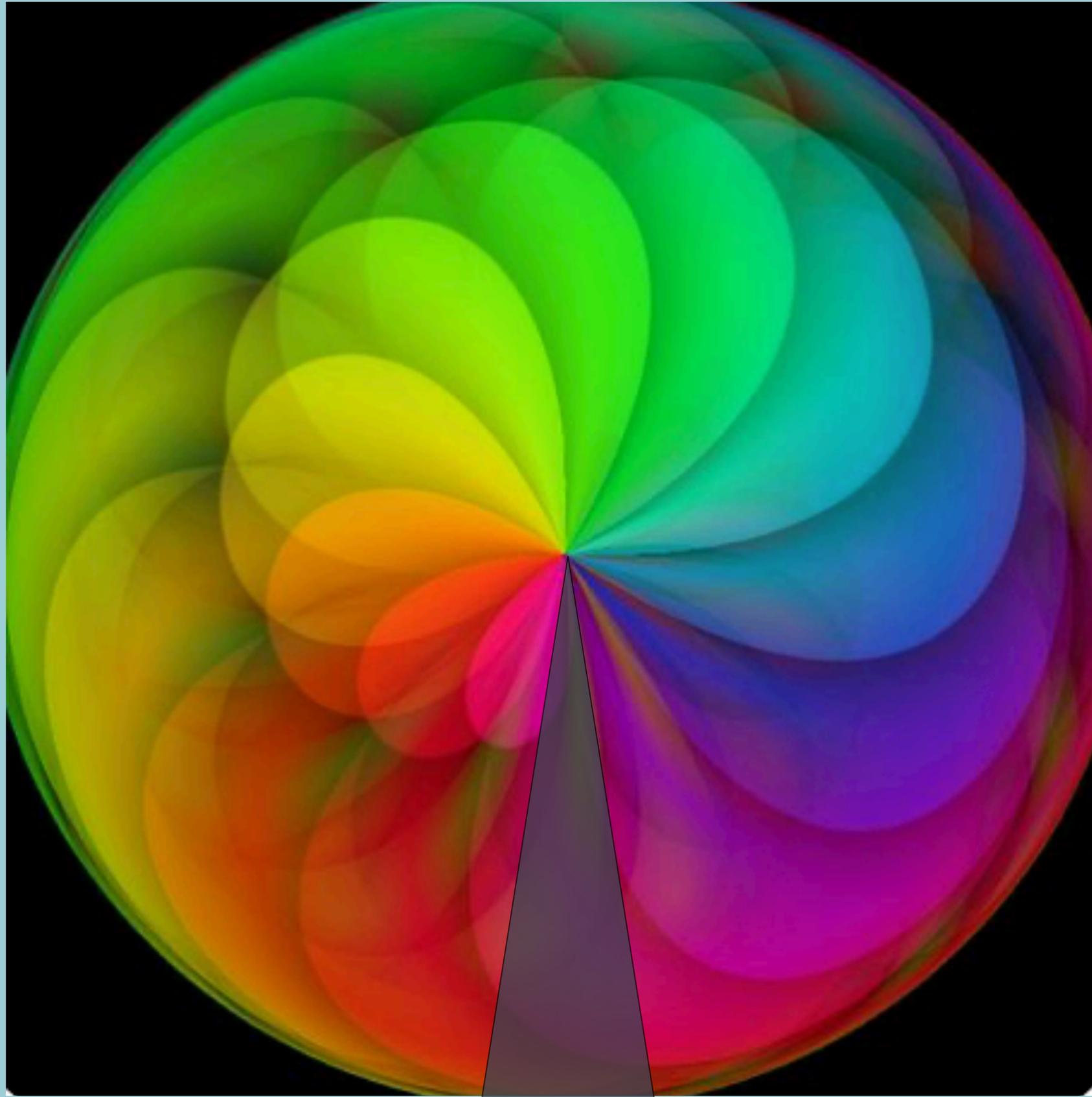


THE SPIRITUAL GIFT OF BEING HUMAN

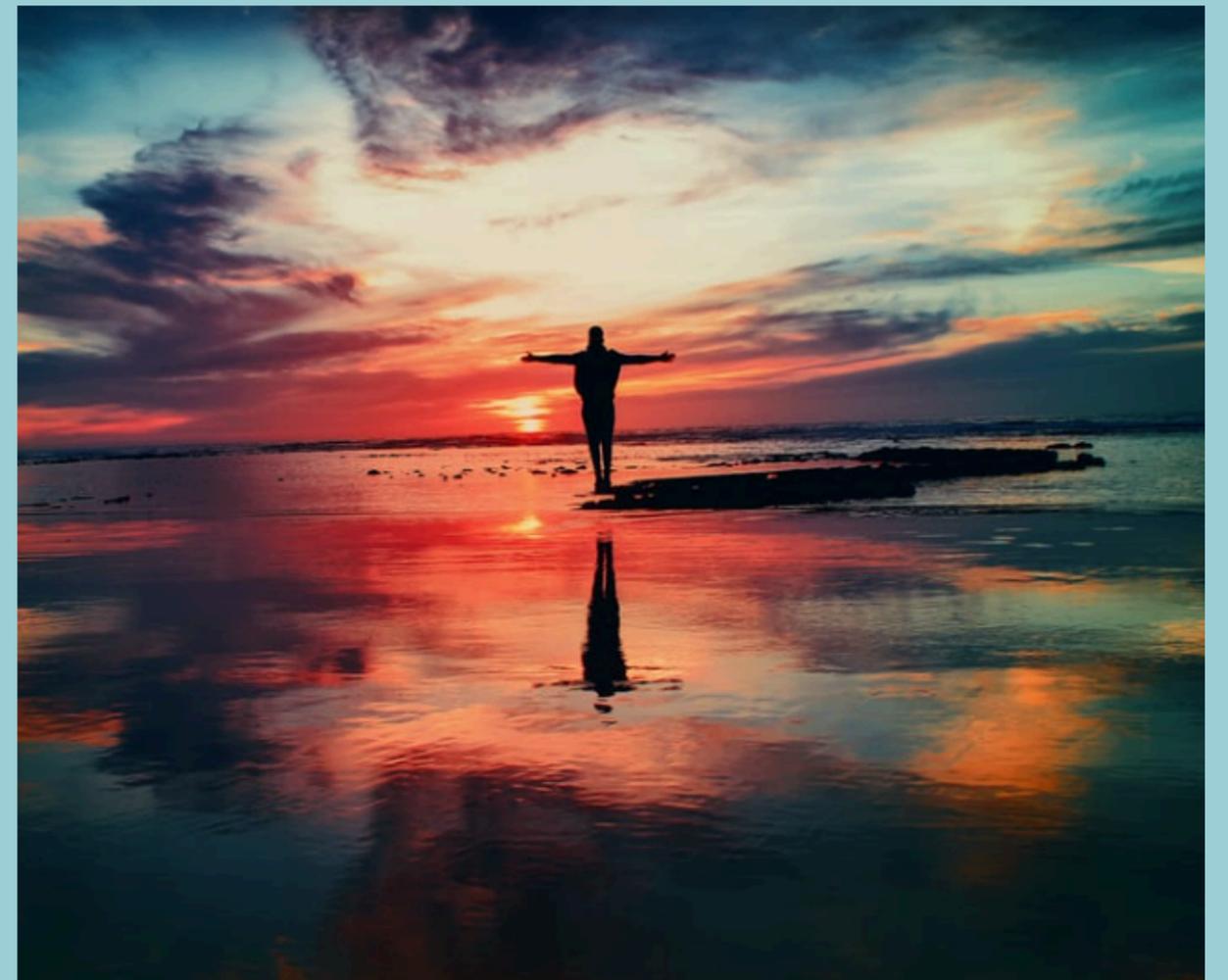
We are Spirit in a physical body. We are the formless essence, the Divine, having the experience of being in this form for this lifetime.

We come here to feel what it is to be alive. We are born to feel. It is our language.

And we navigate this life of form by how we feel.



WE ARE GIFTED THE
FULL EMOTIONAL
PALETTE - not just a slice



A person is silhouetted against a vibrant, colorful night sky filled with stars and the Milky Way galaxy. The sky transitions from a deep purple and blue at the top to a bright yellow and orange near the horizon. The person is standing on a dark, rocky outcrop, looking up at the stars.

THERE IS NOTHING TO FEAR IN
FEELING

We came here to have the FULL EXPERIENCE

THROUGH OUR EMOTIONS:



We are being moved, cleansed,
attuned, opened, enhanced

Our world is being coloured
and enriched

We are in the living moment
of life in all its mess and
wonder

We experience being sentient
beings in a sentient universe

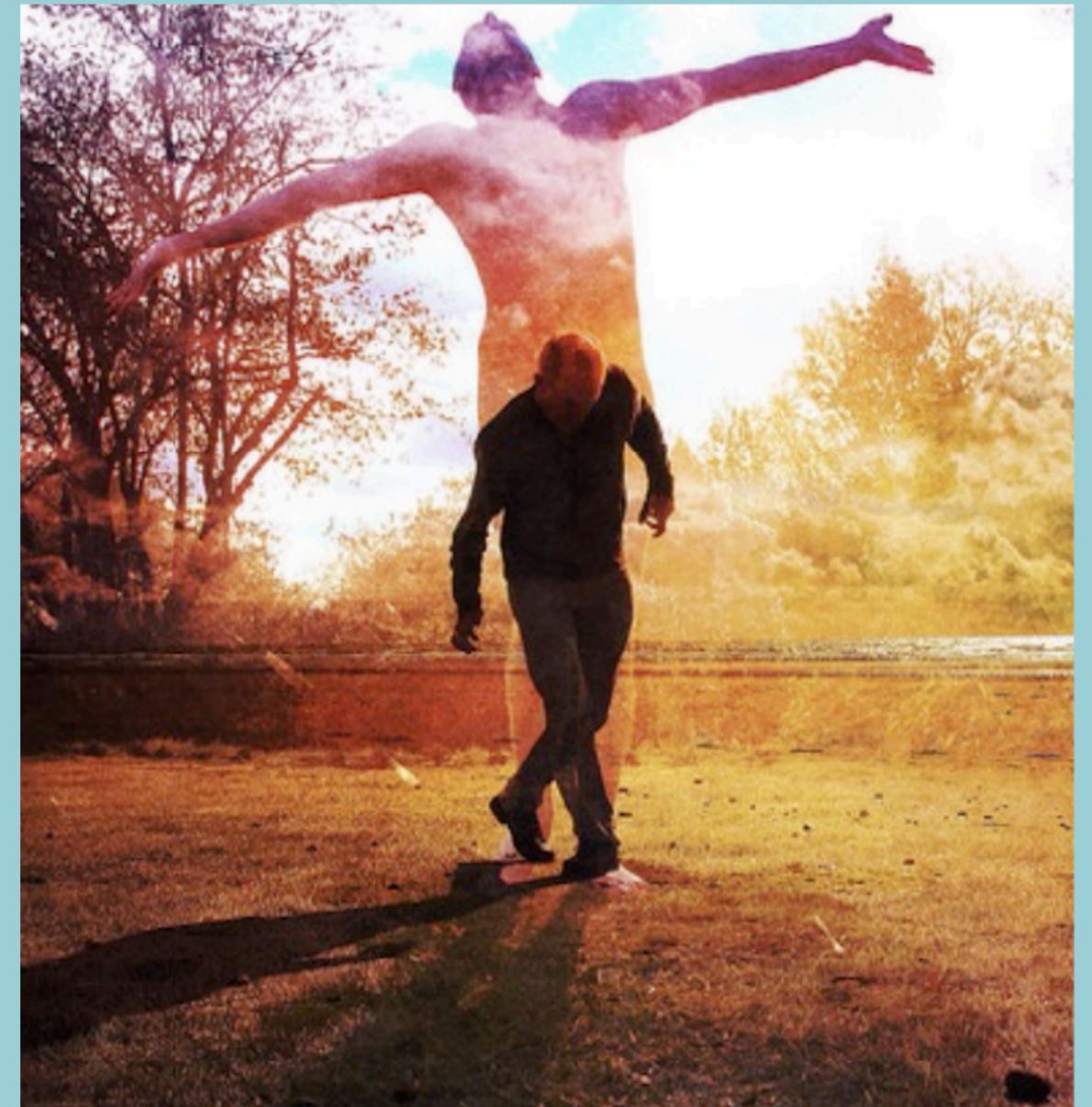
SYD BANKS:

*“If only people could learn not to be afraid
of their own experience, that alone
would change the world.”*

EMOTIONS versus EMOTIONALISING

An **emotion** is energy passing through us, coming with information and intelligence that we can use. It is neutral.

Emotionalising is when we add a load of thinking to that emotion and turn it into something else entirely.



EMOTIONS ARE:

- Organic
- Natural
- Responsive
- Regenerative
- Aligning
- They attune us
- Transform us
- Help us to see the bigger picture
- Keep us moving
- Enrich and deepen us

Emotions are what naturally arise within us in response to the living moment we are in.

EMOTIONALISING IS

- Adding to
- Rationalising
- Fretting over
- Analysing
- Defining
- Story-telling
- Fuelling/Milking it
- Getting overly concerned with
- Justifying
- Denying

Putting something on the pure emotion, building a story around it, making it something that it isn't and getting entangled in this.

A field of purple lavender flowers in bloom, with a teal semi-transparent rectangle overlaid in the center containing text. The background is a soft-focus field of lavender, with some stems and flower clusters in sharper focus in the foreground.

SYD BANKS:

“Look for a beautiful feeling. Look for a spiritual feeling.”

FLOWERS & EMOTIONS

Emotions are like flowers. They are what bring life, colour and vivid beauty to the world we inhabit.

They bring to the *world of form* the *spiritual dimension* through colour, light, fragrance and touch.