



Clearing Uncomfortable Feelings

Welcome to the lesson on clearing uncomfortable feelings

This lesson helps you to walk through the steps of the accompanying worksheet for clearing yourself of uncomfortable feelings.

What you will learn

What you'll learn in this lesson is:

- A step by step process for honoring your emotions and clearing them when uncomfortable feelings arise.
- How observing your feelings takes you out of judgments and connects you to your Highest Self
- The importance of forgiveness to disconnecting from emotions and life experiences.

How to clear uncomfortable feelings

You can use the written version of the meditation and work on your own or you can just watch and follow the guided meditation video. Both are the 8 step process that follows.

An 8 step process

As I go through the meditation steps with you, think about this example to help you.

For Example: You have an experience where someone has hurt or betrayed you. You feel hurt and angry. So how would you resolve those uncomfortable feelings?

Step 1 Clearing uncomfortable feelings:

Allow your uncomfortable feelings to come forward and feel them.

You first need to honor your feelings by feeling them first. It can be scary, but your emotions are a gift and eventually there will be less scary emotions and more joyful and happy emotions. Trust me on this. It works.

Step 2 Clearing uncomfortable feelings:

Let go of resisting the feeling of uncomfortable feelings.

Sometimes you don't want to feel your emotions because they hurt or are painful. When you resist feeling them, you stuff them back down into your subconscious mind and they don't get resolved. They will come back up again until the underlying issue causing them gets resolved.

Step 3 Clearing uncomfortable feelings:

Now let go of resisting feeling any comfortable feelings.

To feel fully, you also need to let go of resisting the opposite comfortable feelings as well. This is what true surrender is about.

Step 4 Clearing uncomfortable feelings:

Notice where in your body these uncomfortable feelings are.

The best way to honor your feelings is to allow yourself to feel whatever comes up completely and sense where in your body that feeling energy is. This is to prepare you for becoming the observer of your feelings in the next step.

Step 5 Clearing uncomfortable feelings:

Observe where they are. Become the observer of your feelings

Now be the observer of that feeling, which is why noticing where it is in your body helps. When you observe your feelings, you are being in the Now moment and are connected to your highest self not your ego mind. You know this because your thoughts are

observing your feelings rather than passing any judgment on them. The judgment on the feelings is neutral when you observe them.

Step 6 Clearing uncomfortable feelings:

Keep observing these feelings until they pass through you.

Within time that feeling dissipates. The time depends on how strong an emotion is and how many times it may have been stuffed down in your subconscious. Alos, don't be concerned if your mind wanders from observing your feelings. If you notice this, gently come back to observing your feelings again.

Step 7 Clearing uncomfortable feelings:

Now forgive anything that needs forgiven to release you from any bondage of those feelings.

As long as you are holding onto the feelings, you are connected to that life experience or anyone involved in that life experience. You and others act on the level of consciousness at the moment of taking action. You can at least forgive yours or others actions because of the limited level of consciousness at the time. Maybe someone hurt or betrayed you. You don't need to forgive what they did, but forgiveness allows you to stop continuing the hurt by staying connected to the life experience. They may have been attracted to your light, and in their unconscious way, were reaching for that light in you. Honor the light in them, not their actions. This disconnects you from them and the emotions of that experience. So forgive that they acted at the level of consciousness that they had, not what they did to you.

Step 8 Clearing uncomfortable feelings:

Feel gratitude for having these feelings to help you expand to a higher level of consciousness.

Feeling gratitude at this moment gives a clear message to your subconscious mind that you prefer honoring your emotions and being connected with your Highest Self.

Some emotions are strong

You can use the guided meditation for this or do your own meditation following the directions in the written meditation process.

If you have a feeling that is strong or has been stuffed many times in your subconscious mind, you may want to follow the written meditation process first. The time for allowing

the feelings to pass through you in the meditation video may be too short. Alternatively, you may want to follow the meditation video a few times until you sense the emotions having passed through you.

Some emotions are so strong that it takes a few meditations to resolve. This says nothing about you being bad or wrong. Caution – don't allow this to become a negative judgment of you.

Some Important Points:

Again, be careful not to take on any negative beliefs about yourself if you find it challenging to let your emotions go. These negative beliefs can hold those very emotions inside you.

Maybe another method may be more helpful, such as the one in lesson 1 or the one in the next lesson for “Healing Hurt, Pain or Anger”.

The meditation guides you through the sensory experiences coupled with theta music and binaural beats. You can have the best experience when using ear phones or ear buds for these meditations.

Download the written process now and watch the guided meditation video

Now go use the written meditation pdf file available for download or guided meditation video “Clearing Uncomfortable Feelings” to resolve any uncomfortable feelings you currently have.