

Worksheet for Uncovering Sensory Experiences for Meditation Reprogram Brain Healing your Hurt Pain or Anger



Step 1: Think of an event that is currently causing you hurt, pain or anger without judging if your feelings are justified or not. Close your eyes and notice how you experience it. Do you see it as an image? Do you feel or sense it in some way? Do you hear it somehow either in sounds or people saying things to you? Write these down here.

Step 2: Now where do you sense it in relationship to your height? Is it in front of you? Is it straight on or to the right or the left? Is it upward or downward in relation to your height? Note where that sensing is. Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Step 3: Now imagine how you would experience your life if this was resolved and healed. Are there any images you see? What do you hear? What feelings do you feel (hints: powerful, safe, loved, courageous, joyful, valuable, or peaceful)? Note all of these.

Step 4: Now where do you sense this in relationship to your height? Is it in front of you? Is it straight on or to the right or the left? Is it upward or downward? Note where that sensing is.

Keep both of these sensing's and their locations in mind as you go about doing the Meditation for Healing Hurt, Pain or Anger.

During the meditation you will be entering stillness then recalling sensory experiences for feeling the negative as well as the positive. This is done 4 times during the meditation. You will notice that the negative emotions get less intense while the positive emotions get more intense with each recall. If this does not happen, it just means that the negative emotion has been buried down for lengthy periods of time. You may want to repeat the meditation or use another method for releasing the emotions. Either will work.

It is important to be gentle with yourself and surrender to your unique process. Holding onto a desire to get rid of negative feelings may be stopping you. If that is happening, be willing to feel the negative feelings. Resolution of emotions requires you to surrender to allowing both positive and negative feelings.