

Emotional Energy Intuition

Activity

Introduction

As discussed in the video, emotional energy intuition exists in the midst of emotional energy. This creates confusion as we try to navigate intuitively while being exposed to the tumultuous nature of emotions. For this reason, we must first become aware of and then integrate the tendency to identify as emotions.

Activity

This activity focuses on recognizing where we identify as emotions and removing that habit from our subconscious. In order to do that we must first be willing to observe. During this practice, journaling is essential. The discipline of daily journaling reminds us to be diligent in observation of ourselves and others.

Pay attention to where you hear yourself say any of the following or something similar:

I'm sad

I'm anxious

I'm bored

I'm so irritated

That's so irritating

That's so frustrating

After you get good at identifying those sayings, exchange them with something else. Here are some alternatives:

I'm noticing sadness

I sense irritation

One of my lower frequency aspects really wants to get irritated right now.

Be sure you're speaking from the intuitive space, NOT as the emotion. The words don't matter unless they align with the energetic motivation behind them.