

## Feelings/Emotions/Sensations

- Where do **FEELINGS** (emotions/sensations) come from?
- They come from the **BODY**.
- They especially come from the **ORGANS**, aka: The Viscera.
- These parts of our body also house our **INTUITION**, (*aka: the interoception, or our gut sense, or our 6th sense*).
- This is why we work to bring self-awareness, intention and attention to the **DIAPHRAGMS** & **JOINTS** & **KIDNEY/ADRENALS** & **GUT**.
- For example, the diaphragms encase our organs; so, they encase our **FEELINGS**.

## Living with Chronic Stress, Toxic Stress, and Untreated Early Trauma

Our body spaces **TIGHTEN** and **SHUT DOWN** and this cuts off our **CAPACITY** to have self-awareness to our emotions/feelings/sensations.

## Hypothetical Question

**YOU ENCOUNTER A TIGER (OR ANY THREAT THAT COULD HARM YOUR LIFE).**

**What makes you afraid of it?**

1. Is it the body's response to the threat?
2. The conscious thought about the threat?
3. An emotion connected to the threat?

### NINA BULL – ‘THE ATTITUDE THEORY OF EMOTION’ (1951)

- Bull's research found that it was the **PREPARATION** of the nervous system - specifically the motor movements to prepare for action - which then gives rise to emotion and feeling.
- In other words, our **NEUROMUSCULAR** activations are primary in the development and experiencing of our emotive (sensory) state.
- Another reminder that working via the **BODY** is essential for working with our emotions.

Even as far back as her time (1880-1968), she believed that it was important to "recognize a somatic pattern," and from here one could create a practice to shift that motor/muscular pattern deliberately. (Sound familiar?)

*Reference article: International Body Psychotherapy Journal The Art and Science of Somatic Praxis Volume 11, Number 2, 2012 pp 45-58. Lewis, Daniel J.*

She believed that seeing (sensing/feeling) the tiger puts you into an immediate preparation to **RUN / FLEE**, and it is that **PREPARATION TO ACT** that then makes you **AFRAID**. Peter Levine took this one step further and added that the **ACT OF RUNNING** itself also generates the same **SENSATIONS OF FEAR**.

## Review: All Comes Back to the Body & Its Responses

QUOTE FROM GABOR MATÉ'S BOOK, "WHEN THE BODY SAYS NO – THE COST OF HIDDEN STRESS"

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“Awareness also means learning what the signs of stress are in our own bodies. **How our bodies telegraph us when our minds have missed the cues.** In both human and animal studies it has been observed that the **physiological stress response is a more accurate gauge** of the organism's real experience than either conscious awareness or observed behavior.”

FROM "IN AN UNSPOKEN VOICE, HOW THE BODY RELEASES TRAUMA AND RESTORES GOODNESS."

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**Peter Levine, 2010. Chapter 13: Emotion, the Body and Change.**

“The reason the bodily felt sense has the power to creatively influence our behaviors is precisely because it is involuntary; feelings are not evoked through acts of will. They give us information that does not come from the conscious mind. ‘Emotional intelligence’ and ‘emotional literacy’ communicate through the felt-sense/somatic markers and are vitally important to the conduct of our lives.”

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“The balanced attention to sensation, feelings, cognition and elan vital (life-energy) remains the emergent therapeutic future for transforming the whole person.”

FROM "WHEN THE BODY SAYS NO – THE COST OF HIDDEN STRESS" GABOR MATÉ. 2003. CHAPTER 19: THE SEVEN A'S OF HEALING. (Conversation Gabor Maté had with Toronto physician and psychotherapist Allen Kaplin.)

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“He points out that both repression and rage represent a fear of the genuine experience of anger.’ Healthy anger, he says, is an empowerment and a relaxation. The real experience of anger ‘is physiologic without acting out.’ The experience is one of a surge of power going through the system along with mobilization to attack. There is, simultaneously, a complete disappearance of all anxiety.”

*And he continues:*

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“When healthy anger is starting to be experienced, you don’t see anything dramatic. What you do see is a decrease of all muscle tension. The mouth is opening wider, because the jaws are more relaxed, the voice is lower in you see all signs of muscle tension disappearing.”

## Why it's Important to Let Emotions Move and “Do Their Thing!”

- They let us know that we're **ALIVE!**
- They give us important **CUES** about our **INTEROCEPTION** and **NEUROCEPTION**.
- When we trap emotions; they accumulate. This creates **TOXIC** stress.
- Let them move, and we **FREE** up our life energy (our **LIFE FORCE**).

### AGAIN, LEVINE:

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“As people learn to master their emotions, they also begin to harness the underlying impulses to action.”

Enter the **COMPLETION** of stored up anger/aggressive responses (**PROCEDURAL** memories) and the uncovering of **HEALTHY** aggression.

## Notes on Releasing and De-Activating Stored Traumatic Procedural Memories

- It is **IMPOSSIBLE** for us to predict when we might have an emotional release, or have a **PROCEDURAL** memory that wants to be de-activated (or re-negotiated).
- This is why it is essential that we build solid nervous system **FOUNDATIONS**, grow our **INTERNAL CAPACITY**, and have tried and practiced **TOOLS** and **RESOURCES** at our disposal.
- Because we might **MISS** something that's important, and not even know it.

## When Working With, and Moving (FREEING UP) Stored Anger and Harnessing Healthy Aggression

### PHASE 1:

Connect with the **INNER** experience.

*(The body/visceral/interoceptive quality/sensation/feeling/sense/felt-sense, etc...)*

### PHASE 2:

Discover what (if any) **MOVEMENT, EMOTION, WORD,**

**SOUND, TEXTURE, ETC** ... might be there, ready

and waiting to be experienced, processed, expressed, integrated.

(PHASE 2 must **CONNECT** with PHASE 1)

Always maintain connection to **SELF** during these phases.