

# Emotional Release Process (Method 1)

1. **Observe your emotion.** Acknowledge that it exists, stand back from it, and get yourself unstuck from it.
2. **Imagine and then try to experience your emotion as a wave**, coming and going. You may find it helpful to concentrate on some part of the emotion, like how your body is feeling, or some image about it.
3. **For example, you could use this imagery:**
4. *“I see in my mind's eye, an ocean wave flowing through me”* ( but not so big that it knocks me over)
5. **Don't try to push the emotion away.** This makes it bigger, and increases our suffering. Don't reject the emotion.
6. **Don't judge your emotion.** It is not good or bad. It is just there. There are no bad emotions, just emotions. Anger, fear, sadness are all painful emotions, but they are not bad. Everyone has them, and they are just as valid as the happy emotions.
7. **At the same time, do not hang onto your emotion.** Don't rehearse it over and over to yourself. Don't escalate it or make it bigger. Sometimes when we feel a very painful emotion, like anger or a deep grief, we hold onto it, or we intensify it, making it stronger and stronger, in our efforts to deal with it or to give it our full attention. Try not to do this. Just let it be however it is. This can result in a lessening of the pain.
8. **You are not your emotion.** Your emotion is part of you, but it is not all of you. You are more than your emotion.
9. **Do not necessarily act on the emotion;** having the emotion does not mean that you have to act. You may just need to sit with the emotion. Often, acting can intensify and prolong the emotion.
10. **Practice LOVING your emotions.** This can be a difficult concept. Why would we want to love painful emotions?