

Emotional Processing Technique by Kornelia Stephanie

You can do this processing inquiry with anything that is causing you to experience emotional or mental discomfort. This process gets you out of your head and establishes a dialog with yourself. It moves you into communication with yourself.

“Processing is a form of self-inquiry—a way of looking at our egoic self. “Ego” refers to the personality structure, which results from childhood and worldly conditioning. The term “to process” means to examine and to inquire deeply into the nature of our conditioned and unbalanced egoic programming with the intention of moving our awareness into balance and truth. We process our consciousness in order to become clear and ultimately to find our wholeness.” ~Leslie Temple-Thurston

There are really only a handful of core emotional wounds that are attached to beliefs we have about ourselves. Do you keep repeating the same patterns and are you having the same experiences over and over again? It's critical that we are in emotional balance when we are creating. Our *Beliefs and Emotions* have to be congruent with each other in order to manifest what we desire.

You might identify with one or more of these feelings:

- Abandonment
- Betrayal
- Unworthy/not good enough
- Shame (the ugliest one)

We have been conditioned to feel shameful all our life. Think about how many times you have been told as a child, or an adult, to be ashamed of yourself.

- Survival needs
- Victim/Savior
- Separation from God/Source

To best clear these core wounds, they have to be felt and cleared out of the emotional body. These wounds can be very painful to feel, but it will pass. Releasing this old energy and moving it out of our body will allow more health and vitality to enter its space. Remember, the lower and higher energies can not exist in the same space; releasing the lower energies makes room for new energies to come in. This will allow you to feel lighter and happier.

This is a missing piece that the movie ‘The Secret’ didn't tell us - or ‘The Law of Attraction’ hype left out a few years back. We can sit and think positively all day long doing affirmations or intending positive thoughts, but if we have lower emotional

wounds and hidden beliefs attached to them, all the envisioning won't help. You cannot talk yourself out of feeling pain or grief. There is no shortcut and no getting around it. This pressure from your emotional wounds can be felt in the body and has to be released. This pressure can also cause illness and disease.

Most of the time when we get triggered (having our buttons pushed) it is by someone with whom we have a close relationship. When an event happens and you get triggered emotionally, notice first where you feel the emotion in your body!

Ask yourself these questions:

Why am I angry, pissed off or hurt?

What is this bringing up for me?

Write down: *"I feel angry, sad, fearful, ashamed, guilt, enraged, hopeless, helpless, powerless, jealous, resentment, or paralyzed because..."*

Below are some questions to consider when we get triggered. Use the questions to practice this technique.

What is this about for me?

Who is the person or situation that is causing me to feel so upset?

How does this situation make me feel? (Don't hold back; be picky.)

Where do I feel this in my body?

What is this situation/person doing to/for me?

Now go deeper; what else does this emotion bring up for you?

Go into the storyline of what happened and name the word on the list that you can identify with:

I feel..... abandoned..... betrayed..... worthless..... not good enough..... shame.....

You have found the word on the list; for example: "I feel abandoned by Oscar; every time he tells me he is going to change, he does not. He keeps telling me that he will come home shortly - and does not show up for days. This makes me feel abandoned by him and makes me feel like he does not care about me. The other part that really upsets me is that I keep taking him back every time, over and over and over again."

Why do I do this to myself? What part of myself am I abandoning?

What story would I have to believe to be true to myself?

You found the core wound of abandonment here. This is your opportunity to really go deep into the feeling of abandonment and feel where else in your life have you felt this before. Track it back; do you feel have other people abandoned you? Are you ready to release and heal this pattern?

Did you feel like you were abandoned by your family? Your Mom, Dad, or both?

The key here is to fully feel this emotion and welcome it in. Cry, sob, scream, call or talk to someone you trust, someone who can listen to you without trying to fix anything or make you better. Ask them to witness you in the pain that you are feeling; you just want someone to listen to you. Don't make the feeling go away and don't try to push it away; we have always pushed our feelings away. Stay with it. Feeling it is Healing it. Acknowledge how much pain you are in and have compassion for yourself.

Soon you will start to feel better because once and for all you have given space and love for this emotion to be felt - instead of its being covered up, hidden, or denied. You are claiming this aspect of yourself back into wholeness. The next Oscar won't need to play that role for you because you cleared it. Now you can feel appreciation for Oscar for his having triggered you, and for his playing that role for you so *you can clear* your feeling of abandonment.

Please write this down:

"I allow myself to feel this emotion once and for all. I know this will pass. I am loving this part of myself."

Was abandonment one of your core beliefs?

"I release it now with my conscious intent, I am releasing the core wound of abandonment. The truth is, I am not abandoned; I am right here and I am safe. I am releasing the emotion of abandonment; I am transmuting this energy into love, infusing it with unconditional love."

My new belief is: *"I am safe and secure within myself. I allow myself this space."*

Please note that at the time of processing, when you have just released the emotion, you are not yet at a place to make yourself feel safe. After 24 hours, check in again and you will see that you feel lighter and better, and can now close out this wound/ experience with your new belief.

Your new belief is: *"I am safe and secure, I feel safe and secure within Me, I feel safe and I trust Me. I will not abandon Me. I love Me."*

Did you have a belief of not feeling worthy?

"I release this unworthiness now with my conscious intent. I am releasing this core wound of not feeling worthy or good enough. The truth is I am worthy and I am good"

enough. I am releasing this feeling and emotion. I am transmuting this energy into love, infusing myself with unconditional love. My new belief is: I am worthy of love and abundance. I am willing to embrace my worthiness. It is my divine birthright to feel worthy.”

After 24 hours come back and close out this wound, knowing you have just cleared the core wound of worthlessness out of your energy field.

Your new belief is: *“I am worthy, I feel worthy, I feel worthy in my energy expression, I express my worthiness through my physical body, I see my worthiness reflected back to me in all my relationships.”*

chooseahappylove@korneliastephanie.com Inspire ~ Empower ~ Connect

www.KorneliaStephanie.com

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