



TRANSCRIPT

21 Day Tune-Up: Practice Tip #4

All right, so practice tip number four, feeling all the feels. This is kind of code for, well, feeling all the feels, the feelings, the sensations in all their color, the entire spectrum. Thankfully, it's becoming more accepted that there are no bad emotions and good emotions. It's good that this concept that, you know, only feel happy things, and only notice happy thoughts, and all sadness, and anger, and disgust, and shame is bad.

I'm going to assume that because you're here doing this work, you are in the camp of knowing that the entire spectrum of emotion is there for a reason. It's mammalian. It's within the animal kingdom. One of the reasons us humans have gotten into trouble with illness, and chronic illness, and posttraumatic stress is because we do not release these qualities of sensations. We trap our feelings. We trap our emotions. We don't speak up. And in the text beneath this video, I get into that a little bit more. A lot of it will be review, but I think it's important review to keep coming back to this.

I think that one of the things that is most prominent when I talk to my colleagues and a lot of the people who help me moderate my Facebook groups is we're as we get deeper into this work, and some of us had been doing this work for 20 plus years, we still can't believe how simple this work can be, the simplicity of this work when we allow it to be simple. Our mind, our thoughts, our narratives, our history, all of it can get in the way of the true fact that the biology, the body, it actually wants to be better. It wants to heal. It doesn't want to hold onto the stress. It's energy taxing. It's hard on the metabolism. It's hard in the digestion. It's hard on our mind. The body breaks down when we keep in the feelings and we keep in the emotions. I think you are starting to understand this. Maybe you're nodding your head as I say this, but I want to really impart the simplicity of this work and that it can be simple if we let it be simple.

Now, of course, we need to learn. And by this point in the program, you have learned a great deal. Now, there's more to learn. There's always more to learn as our capacity is infinite, which I mentioned in a previous practice tip video. Our learning can continue. So, the ABCs. I want you to constantly come back to the ABCs. That would be day one, orienting to our body, scanning our body, orienting to our environment, following our impulses, those biological impulses, right? If we can't listen to what our body needs





and wants and respond to it accordingly, it stops talking to us. So, we want to respect that. We want a process what we feel, and let these qualities of human existence actually do what they need to do.

So, to end for this practice tip, become your own medicine. Be your own medicine. My hope is that with the education you've learned, the practical applications you've learned, the repetition and review of a lot of the concepts and me weaving them, and then of course, you taking this information into your life, practicing in situations that are less ideal, that are a little more tense, the relationships you have that that process of integrating becomes the medicine. This work is not linear. It's complex because we as humans are not linear, and we are very complex for good reason. All right. Take good care, and I will leave it at that.

