

# List of Negative Emotions

Defeated, Broken, Shattered, Disappointed, Hopeless, Sad, Resigned

Guilty, Regretful, Sorrowful, Longing

Resentful, Contemptuous, Bitter, Angry, Enraged

Rejected, Denied, Abandoned, Lonely, Grieved

Anxious, Overwhelmed, Frustrated, Distressed, Afraid

Unimportant, Irrelevant, Invisible, Unloved, Unwanted

Unappreciated, Devalued, Pitiful, Pathetic, Stupid

Ashamed, Embarrassed, Humiliated

Tricked, Conned, Shammed, Ripped Off, Violated, Used, Betrayed

Hysterical, Horrified, Shocked, Disgusted

Hateful, Loathing, Miserable

Unsafe, Insecure, Worried, Vulnerable, Lost

Jealous, Envious, Excluded, Longing, Alienated

# Entering Your Inner Temple Exercise

**1. Prepare to Enter** - Become Still. It is one thing to feel our emotions, it is another to listen to what they are speaking to us. As we become still we can hear their message. Close your eyes and take a deep breath, as if you had nostrils at the bottom of your feet. Breathe in through the bottom of your feet. Move in to a place of deep receptivity and listening. Notice any sensations arising in your body, release any tension you might be holding. Repeat in your mind *"I love you. I'm listening."*

**2. On Screen** – Notice, there is a bigger part of you that can witness yourself having these thoughts and feelings without actually thinking and feeling them. You can be both the *participant and the observer* in the audience as if you were a movie star watching your own movie. Begin observing the screen of your emotions with a deep sense of care, compassion, and curiosity. This wise witness within has the maturity to see what's happening in your life from a larger, more well-informed perspective. This wise observer knows that despite all you are going through, you are going to be okay, the ending of this movie is going to turn out great!

**3. Transform from the Critic to the Care Giver** – As the deeper, mature, wise, observer of this unfolding emotional drama, rather than judge the actor, extend tender love to the part of you that is feeling overwhelmed with negative emotions. Give this actor on screen your full attention while staying connected as the wise observer. Give this brave, hurting performer your full support and compassion to her suffering.

**4. Gather Information** – Allow the stories troubling her/his mind to unfold. With deep kindness and compassion, as the observer, stop the movie, right at the most dramatic parts and ask the actor (which, again, is the hurt you)

*"What are you feeling?"*

Wait patiently for the response. *Note: If the actor is having a hard time sharing what they are feeling you can refer to the list of emotions provided at the end of this exercise.*

Continue kindly asking the question *"What are you feeling?"* until all the feelings have been identified.

**5. Tap out the Emotions** – As the wise observer and the participant, tap two inches below the collar bone (thymus gland position) with the tip of your third and fourth finger. Take deep breaths into the body creating a passageway for the emotions to move through. Lean in to the energy of the emotion repeating *"I feel \_\_\_\_\_ (list presenting emotion)"*

Fully welcome the feeling while tapping on the thymus point, allowing the emotional energy to pass through. To help move the energy, repeat, *"Even though I feel \_\_\_\_\_ (list the same emotion) I deeply love and accept myself anyway."* Take deep breaths in between each statement. Do this until the emotion settles down and has passed through the body.

**6. Glean the Wisdom** – Now with tender kindness and deep compassion, ask this brave actor, your hurt self....

*"What do you need?"*

Wait patiently for the response. In the case of Faith Crisis, it will usually have to do with something the church was incapable or unwilling to supply, or not willing to listen to or take seriously. So much of our pain with Faith Crisis has to do with not having our valid questions answered or feeling betrayed by God or the system.

Keep listening for clues by asking the question: *“What do you need?”*

When you have all the needs identified, comfort this courageous soul by lovingly responding back to yourself: *“You deserve \_\_\_\_\_ (state the need)”*

**Note:** This wisdom you have gleaned in this process is a list of all the expectations you had placed onto an outside source (the church) in which they failed to provide. You are identifying to yourself a list of boundaries that have been crossed that will become your essential golden compass of moral values for the future. Your goal is to now become the source of these needs listed, which redirects your energy to the renewable source from within.

**7. Provide and Nurture** – After acknowledging to your hurt self that they/you deserve these things or validating that they needed these things, assure them that they are worthy of these things and that you are going to be careful to provide them with the safety and support they need.

When you awaken the spirit within, the only one that can truly lead you, is you. The real parent is your higher-self.

Ask your healing self, *“What would help you fulfill this \_\_\_\_\_ (list the need)”*

If your mind does not come up with anything, you can use a mind hack by asking the question:

*“If you **did** know what would help you fulfill this \_\_\_\_\_ (list the need) what would it be?”*

After gathering information on how to fulfill your needs, plan to be loyal and committed to following through. The more you begin fulfilling your needs the more trust you will develop toward yourself as the provider and nurturer of your emotional needs, ie: You are becoming an emotional genius.

At the end of a personal session in the private halls of your inner temple, use the statement:

*I am learning to go within for the nurturing care and love required to grow my soul and commit to my own development. I release the church from needing to provide me with what I am now able to provide myself. I am finding new, more authentic ways to honor my needs and fulfill my souls desire.*