



## Emotions and the Importance of Emotional Release

The majority of blockages in our energetic body are stuck emotions. With energy healing, emotions that arise are part of the clearing work. Emotional releasing means that the energy is now moving through the physical body, and this is a GOOD thing. An emotional response during meditation or clearing means energy is moving! It could also mean that there is more attention and process to consider in that area of the body where the feeling is initiated. It is important to know the difference between releasing and reacting. Releasing will resolve with a sense of peace, knowing, or well-being, while a reaction will trail with feelings of regret, guilt, or a sense that something is still unresolved.

Emotions can be difficult to access or feel if childhood conditioning included fear or shaming for having emotions. Emotions need a lot of space, breathe, permission to be felt, and sometimes expression. Retraining yourself to LOVE yourself through a feeling heals the feelings of disconnection, fear, overwhelm, or abandonment that can coincide with an emotion.

## **What is Releasing?**

Releasing is a process that can follow any time you have a physical, emotional, or energetic shift in your body. Most likely, you have experienced releasing in your life through crying, yelling, dancing, singing, breathing, exercising, laughing, etc. Releasing is a big part of the healing work.

The following information will further support you when you are going through a release. Within energy healing, you are clearing energy on a soul level that no longer serves you. That energy is in the consciousness of your cells and your DNA.

Once energy clears, the consciousness shifts, a healing takes place, and the body responds to that shift. Your cells receive new information, and you are embodying new energy. The shifts in your body after a healing may help you feel lighter or more relaxed. The more you clear, the greater the changes in your body.

Releasing takes place during and in the days following a healing. This is a crucial time for shifting and integrating. The body may need extra self care during this time. It has taken a lifetime to be who you are, and if we are carrying blocks that have become a part of your chemical makeup, most likely, a single clearing may only address one layer of what needs to be healed.

I mentioned the energy in the cells of our body shift. As that shift occurs, other layers are stirred up, or a stored memory in the body surfaces. Because emotions are stored in our cellular makeup and tissues, as the cells shift, emotions release. It is very natural to have a wonderful healing followed by an experience of mixed emotions days later. This is where the release process becomes very important.

## **The Releasing Breath**

You breathe normally, but when your body is releasing energy, it can increase the potency of the exhales. The exhales can feel big, heavy, strong, and full. This is a releasing breath and is so important to make space for after a healing session and when your body is still detoxing energy. Make space for fresh

oxygen and light to fill your body on your inhales, and let your exhales release what your body wants to let go of.

Sometimes your body will release what can feel like heavy emotions, such as anger, sadness, grief, jealousy, doubt, hate, frustration, resentment, worry, judgment, stress, and more. After a Releasing Breath, you may experience lighter emotions such as peace, happiness, joy, love, expansiveness, connectedness, openness, inspiration, and more.

### **How Does Release Happen for Me?**

Because everyone is different, the release is individual and occurs in different ways. Honor yourself and do what you can to address these emotions wanting to come out. Here is a list of things you can do to help move through the emotions of a release:

First, tune into what your body needs. If an emotion is present, feel the emotion to the fullest and give it 90 seconds to 2 minutes for the emotion to the apex and resolve. The moment will pass. Feeling it completely will help it move faster. After you may be able to tune in again and ask yourself what you need to rest, recover or integrate the healing. Below are some suggestions, but more than anything, listen to your intuition on what would be most beneficial.

- Immerse in Nature. Getting out into nature is so healing for your body, mind, and soul. It will freshen your outlook and center your soul in your body.
- Move your body
- Meditate
- Yoga
- Journal- write from your soul.
- Punch a punching bag or pillow for anger release
- Throw rocks in the ocean/lake to release anger (saltwater will purify the emotion in the rock)
- Talk to friend
- Do something that brings you joy.
- Grounding: establish your grounding chord, and send the emotion down your grounding chord with the intention it is being released from your body and will be purified in the center of the earth.

- Make space for Releasing Breaths
- Surround yourself with colors that feel good to you. Wrap yourself in them or place them where you can see them and take in the colors.
- Take a day trip.
- Explore creative outlets: music, dance, singing, painting, sculpture, creating, etc.
- Receive somebody's work, such as massage, acupuncture, or something else.
- Baths: with sea salt, Epsom salts, or oils
- Essential Oils
- Flower Essences/Herbs
- Intuitively feed yourself what will nourish your body.
- Prayer/Intention/Manifesting
- Cooking or Baking

These are some suggestions, and please check in with your body on what may feel good to you for release of energy or integration of a healing.