

Exercise: conscious "BEING"; the value of being with your body, feelings and emotions.

First, we do a breath reset (to quiet your brain and nervous system):

Breath reset

Your body usually knows exactly how much breath you need. But you may develop an abnormal breathing pattern due to stress, fretting or learned. At various times during your day, do a small "breath reset. For grounding, inner peace and restoring normal calm breathing.

If you have daily breathlessness, are always “high” on your breath, or feel resistance or (rattling) dampness in your lungs or have other combined breathing complaints, contact your doctor.

Breath reset:

Sit on a straight chair
Bring your attention descending to your “touch points”: Your body scan:
- Does your back support against the chair? Do you experience back pressure from the chair? Does it feel cold, warm, hard or soft?
- How does your neck feel and do your shoulders feel? If they are tense, rotate your shoulders and head for a moment. Relax.
- Do the same for your seat. Do you experience back pressure from the chair? Does it feel cold, warm, hard or soft?
- and now your feet: are they relaxed side by side on the floor? Can you feel your toes? Your heel? Does it feel hot, cold, hard or soft?
Now do your breathing exercises:
- breathe in six times through your nose and then audibly (with a pfff) out through your mouth (purred like through a straw)
- if you like, again: 4 sec in, 5 sec wait, 6 sec out through purred mouth (but if this doesn't feel relaxing you don't have to count, your body knows how long)

Experience the calm. Your breathing center is now reset.

Feeling-experience (!)

Choose a feeling from the table below. First from the first column, then one from the 2nd, 3rd and 4th columns.

Borel	Uncertain	Powerless	Radeloos
Satisfied	Annoyed	Anxious	Desperate
Grateful	Concerned	Dissappointed	Depressed
Curious	Unapologetic	Sad	Rejecting
Hopeful	Restless	Alone	Subdued
Admiring	Inspired	Frustrating	Embarrassed
Committed	Committed	Desire	Guilty
Proud	Irritated	Vulnerable	Distrustfull
Loved	powerful	Weak and ll	Frustrated
Resilient	Relieved	Confused	Euphoric

start with the first column:

- choose one feeling and concentrate on it
- observe in your body if you feel anything and if so where
- (if you don't feel anything anywhere no problem, we'll just continue)
- now bring your attention to your body and say out loud: I feel .... (your choice)
- If necessary, make a hand gesture to accompany it
- Can you experience, arouse, amplify your feelings?
- Do you now realize the difference between talking about/thinking about feelings and a feeling experience as such?

Repeat the steps with a choice from the follow-up columns. Do you experience a difference?

FEELING INTENSITY: Try to see and feel through the difference:

1. Sensation: perception with feeling (connecting external with internal): hot/cold, hard/soft, pressure/less pressure, bright/weak, sharp/round etc. What are your sensations right now? And where in/on your body do you feel it?

2. Mood: how is your mood right now? Your emotional undertone? Excited, restless, angry, impatient, nice, annoying, etc.? And where IN your body do you feel it?

3. Feeling boundary: Tap your shoulder yourself. Keep tapping. And tap a little harder still. And even harder. No really much harder. Keep going. And now faster. Faster and harder. Keep going. Hold on a little longer. No still really tap a little harder please!

Now answer the question: do you like what you are doing now? Does it feel good?

The answer is probably “no?”: the question to you then is: why did you do it anyway even though you didn't like it? Probably: because it was the instruction/because you asked. Your mind (thinking) and conviction (I have to do this), overruled your feeling (not liking it). And that is exactly what this exercise is about:

- do you (!) think that listening to your feelings can also be useful?
- Do you (!) think that listening more to your feelings can benefit you in the near future? What then?
- if you promise yourself to listen to your feelings more, what does that FEEL like?

4. Feeling memory: name the 3 feelings that have stuck with you this day.

- Are they in your head or do you feel anything about them.
- Are you doing your best for that or not?
- Or do you feel nothing at all about it.
- Or do you not even have a feeling memory of the day at all?
- How consciously do you deal with your feelings?

5. Emotion (expressing/discharging a too-strong feeling)

When was the last time you cried, were furious and/or yelled, clenched your fists or kicked something, or just made sounds of/at pleasure or fun? A cry of joy during sports perhaps?

If you never express emotions, is there a reason? Ps. realize that expressing emotions is literally healthy for your body!

But be aware of your discharge and don't harm or burden others with it. Do you want to be seen or heard? If so, why is that? What does your feeling or emotion want to say to you? And can that be done through good conversation: internally with your feelings, externally with others? Who is the conductor of your feelings and emotions?

Now when you read this exercise here about emotions and feelings, what happens in your body? Do you feel anything? Should this exercise make you very emotional, perhaps that is a sign that your feelings and emotions are eager to be seen and heard. Perhaps an occasion to talk to someone (a friend[in] or coach or therapist) about it?Wil je ontladen? Doe dan nu nog een keer de ademhalingsoefening aan het begin van deze tekst. Merk (ERVAAR!) dat ademhaling je systeem kan resetten/tot rust kan brengen!

Would you like to experience more prolonged inner peace and BE with your feelings? Then try a guided meditation: you can find many on youtube. Invest 15 minutes to have that EXPERIENCE! (and think about it less).

Want to read more about feelings and emotions? You can read that in the 7Qi Essentials pages on feelings (Qi-4) and emotions (Qi-2)