

ANOTHER WAY TO LISTEN

Feel Think

"When the mind is quiet, the Heart voice will eventually come through like the fresh water of a spring. This is no small feat!" Grandfather Fire, Heard Around the Fire

Human beings spend a lot of time thinking. It's simply part of our nature. However, if we're not aware, we can easily move into an automatic pattern of:

- listening only to or mostly to what we think.
- buying into or believing what we think.
- behaving from what we think.

This can lead to reactive patterns along with amplified or suppressed emotional states which can make for difficult and unbalanced relationships with ourselves and others. In fact, the chemistry and molecules in our bodies engage these automatic patterns leading to symptoms from living out of balance. What if symptoms were one way our body was asking us to listen to something else or listen in a different way.

There are simple ways to break these automatic patterns. And it doesn't require you to "just think happy thoughts". At our very root, human beings are feeling beings more than we are thinking beings. We actually are living in an unlanguageable world of energy that we begin to relate with through feeling along with our senses even before thoughts are formed.

What if we reverse the pattern of thinking directing our feelings and engaged in a feel-think process instead?

Wanna try it?

Short circuit the pattern of think → feel. With de-labeling begin to experience Feel→Think.

- Go outside (though you can also do this inside in your home).
- Center yourself in whatever way you do – try three simple breaths in and out.
- Let yourself simply be drawn to a small object (less than size of your hand) in nature.
- Label it – for example; shell, leaf, crack in the sidewalk, bark of a tree, a flower petal.
- Remove that label and another label may appear – for example; hard, shiny, soft, green, round, bright.
- Remove that label and another label may appear – for example; connected to the ocean, reminds me of a story, this is stupid.
- Continue de-labeling that same object and all the associations for about 1-2 minutes.
- Feelings may even appear. You may feel anxious, frustrated, excited, compassionate, confused, sad, afraid, happy. Feel what you feel and de-label those feelings too.
- After about 1-2 minutes move on to something else small – no larger than the size of your hand.
- Do this for about 10 minutes. Then day by day work up to 20 minutes.
- Notice what you experience.
- At some point over the course of a month you may begin to notice a different awareness... a different connection... a different way to listen.

Describe what you experience in your journal.

Be sure to have fun with this and don't forget to also de-label yourself.

With Love,

Dr. Lisa