

Making Abstinence Easier - A Simple Meditation

All the essential points of this **Emotional Release Meditation Workshop** are recorded for you here. Wide spacing allows room for your own notes from the presentation. You can make edits to this document in either Microsoft Word or Google Docs.

- CEA-HOW qualification: Back-to-back abstinence date of June 6th, 2022, and maintaining a 75-pound weight loss.
- 10 years' experience as a Trauma Release Coach (now retired), now happily teaching the method to my fellows in recovery.
- My abstinence is received by the grace of my Higher Power and working my CEA-HOW program as written, to the best of my ability.
- I used this meditation for fourth step inventory and daily now in 10th step work.

BACKGROUND

1. **Food cravings usually are triggered by deep emotion** - whether conscious, subconscious, joyful, or painful.
2. **As humans, it is most often our emotions that compel us into action**, whether for good or ill effect.
3. How is this meditation different from most others? **This is a body meditation.** Most meditations focus only on our mind, our thoughts, or our spiritual connection.
4. **Important note: This meditation cannot cause physical sensations in our body; it only helps us to notice the ones that are already there. But when you focus on your body, If you notice something that causes you concern, I urge you to consult with your doctor before proceeding further. For your peace of mind, it's important that you gain your doctor's assurance that there is no serious underlying physical cause for the Body Sensations you may notice when practicing this meditation.**
5. **Emotions are made up of two parts:** the mental part and the physical part. Emotions originate in our mind - then our brain sends that emotional energy into our body. Both our mind and our body store our emotions

6. **The mental part of an emotion** might be the thought: “It's humiliating when my boss criticizes me in front of others.”
7. **The physical part of humiliation** could be a red face, a tight or heavy chest, body pain, or shallow breathing.
8. **Our program tools of reading, writing, and phone calls** handle the mental energy of our emotions perfectly. If we still feel troubled about the situation after taking these actions, this meditation will fully release the remaining physical energy of that emotion and only neutral or positive emotions remain.
9. **Everything** in the universe is made entirely of energy - including our thoughts and emotions.
10. **Emotions start in the brain** as an energy event. Emotional energy is sent into the body where it is meant to be felt and fully experienced as **Energy-In-Motion**
11. **We easily and fully feel happy emotions**, both in our mind and body. Example: crying happy tears, smiling, laughing, our chest swelling with joy.
12. **We tend to try to avoid the physical sensations** that come from hard emotions, fearing we may lose control entirely. Example: cold with dread, shallow breathing, a churning gut, a tight chest.
13. **Ignoring the physical part of our emotions** creates many pockets of emotional pain in our body. These cause:
 - a. Emotional difficulties
 - b. Recurring difficult emotional patterns
 - c. Physical illness and disease
 - d. Darkened view of ourselves, the world, the people around us.
 - e. Struggle with finding and/or keeping abstinence.

14. **Even our oldest emotional troubles** are easily released using this meditation. It is never too late to come back and make amends to our bodies that have borne the weight of our troubling emotions for many years. When we release our troubled emotions, they are automatically replaced with neutral or positive emotions.
15. **Our bodies are equipped with many safeguards** to keep us on an even keel emotionally, mentally, and physically. In my 10 years of practicing this meditation and in my work with clients, nothing has ever come to light or to attention that has been beyond the ability to feel and release it.
16. **In the meditation setting**, the body releases only those energies that we are emotionally capable of feeling.
17. **After the meditation we will always feel better - not worse**; lighter not heavier; closer to our true self; more at ease.
18. **Once you release the emotional energy**, it cannot return because the original event that caused it is in the past.

STEP BY STEP INSTRUCTIONS FOR DOING THE MEDITATION

1. **Think of a situation that is emotionally troubling to you. Imagine yourself in that exact situation and how you felt.**
2. **Notice any physical sensations in your body.** (if you don't yet notice a physical sensation, imagine the situation a little more fully until you do), Once you have noticed a physical sensation, stop thinking about the situation and instead focus your attention on the physical Sensations only.
3. **Here is a list of common physical sensations you may notice.** (But they can be literally any physical response anywhere in your body.)
 - a. Fullness, pressure, tightness, or heaviness
 - b. Emptiness or weakness

- c. Nausea or churning gut
 - d. Ache, pain, or cramping
 - e. Itching
 - f. Body pleasure or sexual arousal
 - g. Coolness, heat, or sweating
 - h. Trembling, tingling or pulsing
 - i. Extreme fatigue
- a.
4. **Whatever sensations you notice, just keep noticing them until they disappear.**
 5. **Sensations start out stronger**, and as you continue noticing them, they will soften and disappear.
 6. **Avoid trying to manage or manipulate** the physical sensation in your body, this only delays its release.
 7. **Simply noticing and accepting the sensation**, just as it is, will let it naturally and fully release on its own. Positive or neutral emotions automatically replace the negative.
 8. **The energy may seem to move** to different places in your body. Just continue to follow it with your attention.
 9. **The sensation may start out one way**, and morph into a different sensation as you progress. It may continue to change throughout the meditation.
 10. **Avoid straying back to thoughts** about the situation. Instead, gently redirect your attention back to the physical sensation.

11. **After it feels like all the energy has dissipated, think carefully again about the original situation.**

a. **If your emotions are neutral or positive, you can be confident that all the energy has been released and the meditation is complete.**

b. **If you are still the smallest bit agitated about the situation, repeat the steps above until your emotions remain neutral or positive.**

12. **The emotional energy that has been released from the body cannot return because the original event that caused the emotion is in the past.**

13. **Important to know:** Emotions connected to Complex Trauma release in layers and over time. Though you will always feel lighter and happier after each individual session, more meditation sessions may be needed to release all the related emotions. This is one of our built-in safeguards against overwhelm and feeling out of control.

14. **Our stored emotions can be compared to a full glass of water.** Every moment we spend feeling the physical Sensations in our body, we are pouring out some of the

water from that glass. Continued practice has considerably raised my threshold for emotional upset.

15. **Being present to both the mental and physical aspect** of the emotions lets us learn from them so we can make clear-headed choices moving forward. In this way, our painful repeating emotional patterns fall away.

16. **Underneath our troubled emotions we discover the truth of ourselves.** The truth of us is always Love, Acceptance, and Appreciation.

17. **Things you won't experience during the meditation:**

- a. **You won't re-live** the original painful situations.
- b. **You will never become overwhelmed** by what you feel in your body. Instead, you realize you are much bigger than that spot of energy in your body.
- c. **You will never feel out of control** from what you feel in your body. Instead, you are much calmer and more centered.
- d. **Our negative thoughts** about a troubled situation **are very upsetting**, but the **physical sensations**, though maybe briefly uncomfortable, **are never emotionally upsetting.**

e. Our Body Sensations are just as much a part of ourselves as our thoughts.

After practicing some on your own ... if you have questions, run into difficulties, or you would like to practice along with me, please don't hesitate to contact me:

Tori A. - 912. 506. 1748 - EST

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Below are some interesting things about emotions I won't cover in my presentation, but you might be interested to know:

- **Consider your usual response to fear - Is it fight, flight, freeze, or fawn?** Your usual response shapes the type of character defects you most often deal with.

Below are common emotions, where they may be stored in the body, and the type of physical difficulties they might cause.

- **Our lower back** stores most of our unexpressed anger. This might show up as aches and pains in our lower back.
- **Our stomachs and intestines** store most of our fear. This might show up as digestive problems, pain, bloating, constipation, possibly irritable bowel syndrome.
- **Our arms, hands, and fingers** store our desire to tightly control things. This might show up as pain, weakness, or something like carpal tunnel **syndrome**.
- **Our chest and heart** store the hurt that we experience through the actions of others. This can show up as chest pains, or an aching heart, even when there is no physical cause. Headaches can be caused by fearing that we are losing control over our lives or a certain situation. Over time this can turn into chronic migraines.
- **Our lungs** store our feelings of unworthiness. This can lead to problems with breathing or lung disease.
- **Our shoulders** store the emotions of feeling overburdened, overworked, or too much responsibility.
- **Our throat** stores emotions of feeling unable to speak our Truth or feeling unheard by others. This can lead to sore throat, throat infection, stammering, or laryngitis.
- **Our hips** store emotions of insecurity and feeling loss of physical freedom.
- **It's my experience** that the body part affected in some negative way is representative of the sort of emotional pain we are feeling. For example, for many years I was prone to bladder infections because I was perpetually 'pissed off' and stressed. As I have continued to release the underlying fear and anger, the bladder infections have almost completely ceased. Perhaps with time they will cease entirely.
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- **I have a list of specific body parts and the emotions related to them.** If you're interested in that please contact me at 912. 506. 1748.