



Week 7 Journaling Guide: Emotional Intelligence — Surfing the Wave

A simple definition of emotion is: Energy in motion through the body experienced as a sensations.

1. What sensations do you notice in the holding places in your body? How does it feel, where are you feeling it?
2. What would this energy sound like if it had a voice? If it could speak, what one word or sentence would it say?
3. After you surf your wave (conscious breathing) what do you experience when integrating? (EX: tingling, peace, openness, stillness)
4. Where in Nature are you drawn to integrate this quality?
5. In hindsight, what was the limiting belief that you just released?