

THE RECIPE OF EMOTIONS



Changing your Emotions

This tool is used for changing emotions and feelings while you are experiencing them in the moment, or for pre-deciding how you would like to feel in a situation you are going into.

When all 3 parts of the Pyramid of Emotion are changed, emotions and experience of your current situation will change as well.

THE KEY IS TO DO THESE SHIFTS WITH POWER AND INTENTION.

A mild/small shift will produce a mild/small change.

A MASSIVE shift will create a MASSIVE change in emotion.

1. Become aware of how you are feeling this moment.
2. Become aware of how you are using your body. How are you using:
 - Posture - Slouched forward or shoulders back?
 - Breathing - Fast or Slow? Where are you breathing from?
 - Face - What facial expression are you making? Are you smiling or scowling?
 - Head up or Head down? Where is your chin pointing?
 - Are you holding your body with strength or are you limp?
 - Are you moving or still?

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These are all just examples of different ways we use our body. Be aware of all the ways you are using your body.

3. Become aware of what you are focusing on.
 - Illusion of Loss, Less, Never?
 - What questions you are asking yourself.
 - What meanings you are giving things or situations
4. Become aware of the words you are using to describe your current experience or situation.
 - Impossible, traumatic, stupid, I can't do it, I'm not _____ enough, etc.
5. (For intense or particularly stuck emotions, add this scramble step.) Scramble: Take all 3 parts of the pyramid and scramble/mix them up in wild and extremely different ways. Ex: Hop on one foot with your finger up your nose and saying those same negative words but in the voice of Mickey Mouse. Do this for 30 seconds and then notice that the negative emotion and the power in that negative word pattern is no longer there.
6. Decide how you want to feel instead. (Happy, relaxed, confident, strong, grateful, curious, etc.)
7. Quickly change your body into the posture, breathing, facial expression, etc. of that emotion. All human beings do the same things with their body, focus, and words when they are in a particular emotion. Trust your innate wisdom if you are unsure of the pieces of the new pyramid.
 - Example: Confident - Shoulders back, head up, deep breaths from the belly, body held with strength, face of certainty (maybe even a slight smile of knowing your own strength), feet rooted deep into the earth, etc.
8. Focus on experiences, facts, memories, ideas, etc. that create the feeling you desire in you.

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- Example: Confident - Remembering that there is a Warrior Spirit within me that has the strength of all my ancestors. Remembering a time I felt deeply confident, powerful, and certain in life. Thinking of someone who is/was extremely strong and confident and letting their strength fill me up and ignite the strength that is within me. Asking myself the question, "What are all the ways I can ignite the strength that is already inside of me?"
9. Repeat to myself words and stories that will declare my ownership of the feeling I desire and am creating.
- Example: Confident - Repeating to myself in a voice of strength, power, certainty, and knowing, "I am a Warrior. I have warrior's blood running through my veins and NOTHING can take that away from me. My fire is stronger than anything in the world around me. I am stronger than any fear."
10. Continue to keep yourself in this Body posture, continue to focus on these empowering things, and continue to talk to yourself with this voice of strength for as long as you desire to feel this way. Repeat this process whenever you desire to feel a certain way.

The more you do this process, the more you will become the emotions and feelings you desire. It is a process of re-teaching your body and mind to create the feelings you want, and to stop creating the feelings you don't want. Also, the more you do this process, the stronger your inner fire will become.

Reclaim your true identity, your innate wisdom, and set your spirit free!