

Seven Step Feelings Process

1. **Awareness:**
 - a. First notice the physical sensation and its location in the body... *"heaviness in the chest", "butterflies in my stomach", "sweaty palms", "clenched teeth", etc.*
2. **Communicate:**
 - a. Turn your attention inward to that physical sensation, allow it to exist, and ask yourself... *"What do I need to know about the message of this sensation in my... (Chest, jaw, stomach, neck and shoulders)"?*
3. **Listen Intuitively:**
 - a. Let go of your need to analyze and/or theorize about the sensation... just wait for an intuitive or instinctive response to come into your awareness.
4. **Gather Information:**
 - a. If you feel the message is incomplete... use your intuition to ask the *"next right question"* until you feel you have a good sense of the message this feeling is communicating to you. For example, you can ask *"what is the positive intention of that?"* for each response you get until it feels like a complete message.
5. **Respond to the Message:**
 - a. Make a promise to yourself that you do something specific within the next 24 hours will be an adequate *response to the message you received*... If you don't know what a good 24-hour promise would be just ask yourself, *"What would be a good response to this message"?* ...then wait for an intuitive answer to come.
6. **Confirmation:**
 - a. If the feeling fades away, you have given an appropriate response, if not loop back to #4.
7. **Follow-Up:**
 - a. *Make sure to carry out the 24-hour promise* to maintain rapport with you subconscious mind. You are building a good relationship with yourself by doing this regularly.