

## 2 Forms of E-Motions

**ACUTE:** Acute emotions are what I call 'emotions in the moment.' This is the form of emotions that hit you as you're going through life. For example- let's say you are having an argument with a friend and you get angry (for a good reason) – that is 'acute emotion' and it's perfectly okay EVEN REQUIRED that you express your feelings in the MOST PRODUCTIVE way as possible in that moment!

If you do not express your emotions in the moment, they become "stored" and they wreak havoc on your health!

**STORED:** If you do not emote in the moment for whatever reason (fear, lack of self worth, etc.) the emotions are stored in muscle, fascia, organs, and even bones. Stored emotion is basically emotion from circumstances in your life that you could not release (give away/forgive).

### **STORED E-MOTION TEST**

Here is a sure-fire test to see if you have any stored emotion:

1. Recall an injustice you remember experiencing in your life. It could have been last week or ten years ago.
2. If you still feel strong emotion (like anger, sadness or fear) when you recall the situation you have stored emotional charges.

Stored emotions are the emotions that will kill you.

# Stored E-motions

There is no such thing as a negative E-Motion. It is what we do with our energetic movers (E-Motions) that can create negative situations.

Joy is the resting state for all of us. When we are caught up in Anger, Fear, Grief, and Worry we can't rest in Joy.

	REAL				UNREAL		
WOOD	STIMULATED			ANGER			RAGE
WATER	ALERTED			FEAR			PARALYZED
METAL / AIR	Allowing			GRIEF			CLINGING CONTROLLING
EARTH	PROCESSING			WORRY			ANXIETY
FIRE	HO-HUM			SADNESS			DEPRESSION
JOY							

Clear our viral programs and we don't get stuck in E-Motions that become negative holding patterns, and we rest in joy!!

We will never be happy trying to control our environment (people, places, things – the entire Earth). We are happy when we are free of E-Motional entanglements!

**When working with physical issues you can take the point of view of the illness (organ, system, etc).**

**A question you can ask yourself is "If I were this pain, what would I be trying to tell myself?"**