

EXERCISE - Releaseful Empathy

I sometimes call this the "yearning mantra"; I also call it "releaseful self-empathy".

See how it works for you.

Step 1 - Identify the situation you want relief around

Ex: The situation with my Ex.

What is it you want to do this work on? Your answer doesn't need to be long, your mind and body knows what the topic is. A simple title is sufficient.

Ex: I hate my boss.

Alternately, you can *briefly* describe the circumstance and how you feel about it. Refrain from going into story. To support this, try to keep your description to 15 words or less.

Ex: I'm anxious about the number of stuff I have to do today, and feeling overwhelmed and cranky.

Step 2 – Unpack it – find the internal source of the emotion

Ex:

Title - The situation with my Ex.

Underlying value: I want harmony.

What is the universal need, the underlying value, the thing that you so want or so care about, that is leading to these emotions? You name it in a single word. If you want, add one word about the emotion that you have because of that underlying value.

Ex:

Title: I hate my boss.

Underlying value: I'm irritated because I want respect.

(For a sample list of universal needs / underlying values, see: <http://www.nynvc.org/> and click NEEDS INVENTORY from the left of the screen.

Alternately, you can *briefly* speak about the underlying value, the thing that you so want, the need that is so important to you. Refrain from getting into describing the story. Refrain from naming what you want FROM the other. This is just about what YOU want, period. (see DISTINCTION – Values and Needs VS Strategies, Demands, or Outcomes).

Ex:

Title: I have so much crap to do today.

Underlying value: I want to be able to choose what kind of work I do and when I do it. (value: choice)

Don't just intellectually identify it, guess it and FEEL if it rings true in the body. If your guess brings a deep sigh of relief, then odds are you're on track.

Ex:

Title: So much to do!

Underlying values: I need space in my schedule, I need balance in my life, I desperately want self-care and rest!

Sometimes it helps me to do this unpacking in two parts. First, I make a list of all the raw stuff that is spinning in me. Then, once I feel satisfied I've completely listed all of the spinning thoughts, reactions, and inner dialogue, for each line, I try to guess the underlying values.

Ex: I hate my boss

He's such a jerk. (I really want to be treated with respect and consideration.)

He never listens. (I want to be heard!)

I'm so sick of working there. (I want hope around working somewhere I love.)

Maybe I should quit. (I want to take care of me!)

Step 3 – Rank the Emotional Charge

Now that you've identified the issue and unpacked the underlying needs/desires/values, measure the depth of your inner fire.

On a scale of 0-10 (10 is high), rank your degree of emotional charge about this.

Ex:

Title: So much to do!

Underlying values: I need space in my schedule, I need balance in my life, I desperately want self-care and rest!

Charge: 8

How hot is this right now?

Ex:

Title: I hate my boss.

Underlying value: I'm irritated because I want respect.

Charge: Yeah I'm charged! I'm fed up! I'm a 10! I really freekin want to be treated with respect! I want to be trusted!

Give yourself a number for where the emotional charge is, right now, 0-10.

Step 4 – Sit with it – releasefully. A.K.A. Yearning Mantra

Do the following for at LEAST 90 seconds, or up to 3 minutes if you prefer:

"I really want _____" (deep breath)

"I need _____" (deep breath)

"_____ is so important to me." (deep breath)

"I yearn for _____" (deep breath)

"I ache for _____" (deep breath)

Ex: Title: So much to do!

Values: space, rest, balance

Mantra: I really want space in my schedule. (deep breath) Balance is so important to me. I so need rest! (deep breath) I NEED balance! (deep breath) I yearn for balance and space. I ache for it. (deep breath) I really want balance and space for me to rest. Space in my schedule is so important to me.... (deep breath) (Wow, now I notice my chest feels a bit more open and lighter, let me do more of this...)

Where in the body do you get sensations in the body about this? Breathe deeply, as though breathing into the parts of you that have those sensations. Exhale deeply. Don't brace against the sensation; rather, allow the sensation to flow through you.

Continue repeating any / all of the mantra sentences in any order that feels satisfying.

Continue this for 90 seconds to 3 minutes.

Step 5 – Re-Rank the Emotional Charge

Having done the mantra, where is your emotional charge NOW?

Ex: I was at a 9. Now I'm at a 7.

Ex: I'm not an 8 of emotional charge anymore. Now I'm only a 4.

This is called "shift". What we resist, persists. Unresisted, emotions will shift in (on average) 90 seconds.

If you have not experienced a shift yet, either:

- a.) you're sitting with it intellectually, but not yet fully opening in the body. Try surrendering open to the sensation; go back to step 4.
- b.) there are other / more core values that want to be heard, go back to step 2.
- c.) the depth of pain requires more release. Give it more time; go back to step 4.

- d.) the challenge threshold of this is higher than your skill to both do the work and be in it. Ask for someone to coach you through the process instead of doing it by yourself.
- e.) something else is going on! Have you eaten and slept sufficiently today? Is there something else that needs to be attended to? What does your inner wisdom have to tell you?

Once we shift fully, we're left with a clear, spacious connection to our desires, without the tail-spin that comes from being emotionally hijacked. As a growling stomach is to need for nourishment in the body, emotions are the symptoms that let us know there are needs for nourishment at other portals (soul, belly, heart).

So emotions can be very powerful at helping us get clear about how to attend to our needs. That is, if we're skilled enough not to be blinded, run by, or hijacked by them.

Have you experienced shift? Shift happens!

Step 6 – Now choose.

What do you want next?

- To enjoy more shift by doing more releaseful self-empathy?
- To express your values/needs and make a doable request to feed them?
- To connect with what's going on for the other?
- To commit to action (make a request of yourself to feed your underlying values)?

In any case, choose from within a resourceful, rested, released state. This resourceful state, together with clarity about the breadth of your needs/values, creates a powerful foundation for manifesting and contributing more of what you want manifest in the world.

Possibilities

How does choice from this state differ from choosing action out of a state of deep pain, fear, frustration, or other unshifted emotional states?

If you did this exercise routinely when you're angry at yourself...	How would your biochemistry and inner relationship benefit?
If you chose this practice routinely about frustrations with others (colleagues, clients, friends, loved ones)...	How would your relationships and communication benefit?

If we practiced this inner work routinely in family, in organizations, in community, and in our workplaces...	How would our communities, organizations, and family benefit?
If we shared this practice as a global community...	How would the world benefit?
If we walked living awareness of the universality of underlying values / needs	What Divine manifestations could we enjoy?

Intended contributions

I hope this little nugget serves you in:

- giving yourself oxygen in frustrating moments
- supporting your deep connection to yourself, and your center, when you want it
- reducing the swelling of emotional charge, so that you can choose your next action out of a more resourceful state.

I'd like more humor / playfulness in this document. If you have suggestions of lines / modifications for this document, please tell me!

Sending love, blessings, and gratitude for the partnership in learning and practicing together,
Gail

Additional Resources

For more skills on effective, deep release work, check out coming TIA teleclasses or consider taking a coaching session with a TIA coach! Groups welcome.

Related Documents

EXERCISE - Release Work – increasing effectiveness in subtle energy release

Counter Balance

For full choice, also cultivate being able to express underlying values and requests *in the midst of* intensity and emotional charge, *from within* that intensity.

Mastery Chart

Shift as a hypothetical (post-hearsal) practice	Shift as a real practice, but only outside the moment	Shift in 3 breaths sometimes	Shift in 3 breaths in high challenge moments
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