

Now that you are in the pause, what are you feeling? Please don't confuse thoughts for feelings. Throughout our lives we are conditioned to believe that we can think our way through everything. This disconnects us from ourselves even more. Part of our experience as humans is to feel. We need to feel our feelings. That is the only way to process and heal.

In a journal or in the space below, write down how you feel. Get messy. Be real. Surrender to your feelings. Let it all spill out...

If you're overwhelmed and feeling everything, you're doing it right. If you have a myriad of feelings at once, you're doing it right. If you're drowning in feelings right now, you're doing it right. Keep allowing yourself to feel and settle. Your feelings may come in waves. You may be happy and sad, then angry, and then sad again. You may want to turn back because you don't like feeling this much, but I encourage you to keep feeling. The journey inward starts with feeling, so allow the flood gates to come down and the levies to break. Feel into the four corners of yourself. If you need to cry, cry. If you need to scream, scream. But, above all else, all yourself to feel.