

Forest Of Feelings

An account of my emotional mind
My personal peace procedure

This is very much a work in progress and as you fill the book have the intention to let go of
resistance and embrace the past
Know that as you intend to release these emotions by accepting them and accepting yourself
without judgement you are changing your energies

As you look back on this book realise how far you have come on your journey and what you have
let go of
Feel how your personal space is growing with peace and calmness towards having a witness
perspective

Know your ability to ride the stormy sea of
your emotions and feel it grow every day

Accept yourself as you are

Jo Kenworthy Copyright 2008

My Childhood

My earliest memories under four

- First day at School, teachers, nursery, bullying, parties, friends, clothes, subjects in class , accidents, illnesses, reading, writing, babysitters, riding a bike, where you played, Christmas and birthdays, family issues, specific traumatic events, holidays, deaths , medicines, hospitals, siblings, punishments, dentists, vaccinations, smells, abuse - physical, mental or sexual and more.....
- List as many as you recall that still give you an emotional intensity, whatever that is

My memories from 5 to 10

- **Junior school** - all the previous age plus preparing to move to senior school, school toilets, the older pupils, maybe having moved schools, maybe middle school. Hobbies, books you read, films you watched, sex education, body changes ,injustice, not allowed to have a voice, powerlessness and more.....
- List as many memories you recall that give you an emotional intensity - sadness, anger, fear

My memories from 11 to 16

- **Senior school** - adolescence, teenager years, first loves, becoming an adult, sexual experiences, virginity, exams, alcohol, smoking, drugs, death of contemporaries, expectations, first job, disappointments, shoulds, world events, fighting, bullying, humiliation, shame, degradation, public speaking, loss of friendships, lost loves, change of body shape, losing weight, gaining weight, competitiveness, periods, masturbation, sex addiction,

My memories from 16 to 18

- Sixth form, college, first jobs, unemployment, life choices, getting wasted, getting pregnant, sexual diseases, your sexuality, pleasing others, pleasing yourself, acne, responsibility.....

My memories from 19 to 21

- University, careers, marriage, moving away, old friends, new friends

Through the decades - expand on more pages of this

- In my Twenties
- In my thirties
- In my forties
- In my fifties
- In my sixties
- In my seventies

Further frames of ideas

Places to develop

- **Sexual/Partner Relationships**

You may want to devote an entire page per person

- **Work related issues**

You may want to devote a page to each career or aspect of your career

- **Family Relationships**

You may want to devote a page to each family member

- **Animal Relationships**

You may want to look at the animals that have been in your life or are in your life and look beyond the surface - Animal Totem information may give you additional perspectives

- **Illness**

Both for you and your family and friends - when, what else happened around that time? What had to change?

- **Childbirth**

What having a child meant to you and how it made you feel - there are a myriad of possible life changing things here - dig deep! Having a child means we revisit our childhood and all the implications of that

- **Family History**

You may want to do a family tree and look at historical trauma to uncover Ancestral issues and note the years and ages of the children/adults as things that are happening now are reflected in the past. For example if something happened to your mother when she was nine, when you became nine would be significant for her on an emotional mind level and would influence things

- **Friendships**

How they make you feel - vulnerability, rejection, not being good enough

- **Films ,books,media,urban myths,family sagas**

Did you read horror stories? Watched a film that left an indelible impression, heard a local yarn that made your stomach churn? Saw a catastrophe

- **Finances**

Times in your life/family/ancestral when finances have caused issue

- **Phobias**

Specific incidents or limiting beliefs and behaviours and extreme fears

- **Allergies**

What irritates you

- **Holidays**

Times of stress

- **Regrets**

Times of behaviour or incidents where you feel emotional - shame, sadness

- **Embarrassment**

Times of shame and humiliation

- **Religion**

The seven deadly sins - your exposure to religion on whatever level

- **Leaving Home**

Becoming independent for the first time

- **Music**

Does certain music give you emotional intensity - is it connected to a particular event

- **Beyond the comfort zone**

Times when you felt you had gone beyond your limits - felt out of your depth, above your station, or maybe others told you that was so.

This is only a start - please add as many as you wish and feedback to me so I can increase this for others

Allowing the flow

- **Start every day** with tapping something similar to these frameworks about accepting who you are:

“even though I do not know what this day will bring I love and accept myself”

“even though I do not know how I feel about today I forgive and accept myself”

“even though I am in a place of not knowing I always love who I am and accept who I am”

“even though I may feel anxious about today I accept myself”

“even though I feel.....I allow this and accept myself”

- **When tapping on a specific tree in your forest** look into a mirror wherever possible and place your hand on your throat then say “ I release all resistance” three times.

“ even though I feel about revisiting this emotional time I love and accept myself”

“even though I may not know what this feeling is I love and accept myself”

“ even though this has been painful in the past I choose to release the issues now and allow myself to go there and I accept myself, whatever comes”

Allow yourself to let go of the need to think about what the issue is - allow yourself to let the feelings come, let the flow come through you in any way and be prepared to be surprised at what may come - allow not knowing.

You are connecting with the emotional mind, the creative mind, the inner child, the inner dog, the amygdala - whatever name you wish to call the part of you that is your place of emotion safety.

Treat this place as you would a three year old version of you, with gentleness and compassion and give the love to that child that it needs.

If you still feel resistance use the Gamut procedure to release any blocks that your mind may be placing or ask permission of your emotional mind.

When you are feeling relaxed here is a nice tapping affirmation:

I am willing to let go. I am willing to release all tension. I am willing to release all anger. I release all guilt. I release all sadness. I am at one with myself. I am at peace with myself and the process of life. I am safe as I am. I accept and love myself as I am.