



UNVEILING THE BEAUTY OF

EMOTIONAL FREEDOM

When we have the capacity to be with our emotions, life can feel like a calm ocean, with waves moving through rather than getting stuck. At some point in our life, we can experience an event, situation, or time in our life that causes those waves to freeze at their peak and never complete the wave, or come crashing violently into the shore. This can feel overwhelming, or scary.

The exercise on the next page is designed to help begin the process of allowing the waves to move through, by gently reconnecting to your body and inner awareness.

This practice is offered for educational and self-awareness purposes only. It is not a substitute for medical care, mental health treatment, psychotherapy, or diagnosis.

This exercise is inspired by principles from Somatic Experiencing® (developed by Peter A. Levine, PhD) and The Core Rising Method. It is an original practice and is not affiliated with, endorsed by, or a replacement for Somatic Experiencing International or any licensed therapeutic modality.

Please engage with this practice at your own pace. You are always welcome to pause, modify, or stop at any time. If you experience discomfort, overwhelm, or distress, consider reaching out to a professional for additional support.

If you desire one on one guided support there is an offering listed on the next page to dive deeper, and support your journey toward emotional freedom.





TAKE A DEEP DIVE INTO

WELLNESS FROM WITHIN

I invite you to be curious, refrain from judgement and take a break from the exercise as needed.

In a safe environment get comfortable in a seated position. Take a look around your environment and notice a few things your eyes and energy are drawn to. Name them out loud.

Then turn your attention to your internal state. Notice what sensations (temperature, texture, color, image, etc.) that may be present - if any. Name it without judgement.

Turn your attention back to a few things in your environment that you are drawn to and let your gaze settle on one.

Without judging what may be present, how are you feeling now?

If you notice a desire for guided support, you're welcome to explore my offering.

You deserve to have someone who genuinely cares about YOU in your corner.

For individuals who want to explore their inner world, have support in a greater sense of wholeness, and want personalized coaching, I offer a free 30-minute Emotional Freedom Deep Dive session to explore whether this work feels like a fit. Click [here](#).

