

## **Emotion = Energy in Motion**

The Dali Lama says “*all we want is to be happy*”. That pursuit, no matter how we attempt to go about it, is what motivates all of us. As a psychotherapist, it's been my mission to figure out how to do that for myself and then how to guide others. Along the way, I've discovered some very basic principles that inform my work that I'd like to share with you.

It's human nature (and frequently good sense), to avoid that which is painful. We learn, as we grow, how to navigate our worlds with as little pain and confrontation as possible. As many of you know who are on a personal and spiritual path, that facing our demons is a necessary evil on this road to freedom. The question is, “how do we face these demons, so that they do not keep resurfacing over and over again.?”

In my experience, the answers are in the body. From a holistic perspective, the body/mind has a natural propensity towards wholeness. Initiate the “healing response” and the body will mend itself. This is true for emotional healing, as well. Since we don't have metal armor for protection when our feelings are hurt, we shut down the emotional centers in the body. If this is where the memory is stored, it makes sense to retrieve and release it from its source.

So, if you want to transform an unwanted, negative emotion, you can begin by becoming aware of the sensation of that emotion in the body. Just put your attention and intention on the sensation and allow it to inform you. Just be curious. Be a witness. You may feel the sensation increasing, or decreasing; it may move you in all kinds of directions; it may move to another location, images or memories might arise, or initially, you may feel nothing. But with practice, your level of awareness will increase, as will the information your body offers. The purpose of this practice is to allow the stuck energy to have an avenue for expression so that it can release. In this way, you can create a relationship with the wisest part of you on your way to emotional and spiritual freedom, In my book, what could be more rewarding than that?

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