

## What to do in an Emotional Crisis - Part Two

There are six main points in Part One of this resource; I will expand upon them here to help you get the most out of them.

### 1. Breathe with a flowing rhythm.

Focus on your breath. Place your attention on your lower abdomen; you might want to rest your hand there to help you. Drop your shoulders. Allow a sense of relaxation and ease to spread through your chest. Expand your lower abdomen and let the breath flow in, then release the breath with a sense of letting go. Feel the letting go through your body.

Keep breathing like this with a deep and gentle, flowing, easy rhythm.

In a crisis situation focusing on the breathing is the most important of the six points I have suggested here. If you can support yourself by breathing in this way you will calm your emotions, you will bring ease to your body, and you will be able to think more clearly. All of this will enable you to stay connected to your wise self - that will navigate you through whatever challenge you are facing.

You may need to sit quietly for a while to get into the flowing rhythm of breathing in this way. If you can take the time to do this, you will find it easier to maintain the flowing gentle rhythm at other times when you are less able to give it your full attention.

You can gain even greater benefit from the breath by intentionally grounding yourself at the same time. You may want to imagine you are breathing up through your feet, then releasing tension back down into the earth with each outbreath. This will enhance the calm and stability that conscious breathing brings, giving you an even greater sense of inner resilience. If you want to explore this further look at the resource, also on my free gifts page, called Being Loved by the Earth - Support Yourself with Grounding, or my article with the same title.

You will find more information about how to support yourself with the way you breathe, in the Breathing section on the 'Other Resources' page on this site.

### 2. Accept and allow the situation to be as it is.

Accept the situation and accept the way you feel about the situation. Allow yourself to really experience the emotional response you have to what is going on, in you and around you. Often we are afraid to feel what is arising in us - especially in a challenging situation. We get caught in the reflex of wanting to push away the situation or our emotions about it. We have the impulse to fight, run, hide or resist what is going on in some way. This has the opposite effect of what we desire, in that it keeps us more firmly gripped by the situation. Through our resistance we become more entangled and trapped in what we want to avoid. The energy we put into pushing the challenge away, actually channels our attention *into* it, giving it more power and prominence in our lives.

Not only does the effort of resisting pull us into the situation more deeply, like the sucking action of quicksand, it also exhausts us. We use up a lot of energy with the exertion of pushing the situation away, which could otherwise be used for helping us through the challenge we face.

Consider this - we are moving forward in life and we hit a wall. We have some choices here. One choice is to push against the wall, to be angry at it and bang it with our fist. The result? The wall is still there, our fist is sore, we have wasted our energy.

I guess you are getting the picture that resistance to circumstances does not serve us at all. So...we can help ourselves by doing the opposite. When we relax, accept the situation, and allow it to be as it is, we find that we are calmer inside, stress and tension leave our body, and we have more available energy, which means we are then well equipped to handle our circumstances with greater ease. If we accept the wall blocking our path we are in a better position to find a way around it...over it...or even, a door through it.

You will notice that I am not suggesting that accepting and allowing the situation means letting the situation overwhelm you, then collapsing into a heap and giving up. Accepting a situation is an act of power and presence - not of weakness. There is power in facing something squarely, and seeing it for what it is. This gives us the clarity to see that we would like to choose a different path rather than circling round with the same old story. Likewise allowing a situation to be as it is - is an act of wisdom. It is the wisdom of knowing how to make best use of your energy - and not waste it pushing against a wall. It is also the wisdom of knowing that life is constantly flowing and changing, and you are more able to ride those waves of change if you are not pent up with resistance, but are fluid and flexible.

### **3. Love yourself.**

We often don't realise how much we drain our energy by disapproving of ourselves or finding fault with ourselves in some way. Doing this is like trying to drive a car along a road pitted with self made potholes. We slow ourselves down - just through our attitude to ourselves. Smooth out the road...

#### **...Love Yourself.**

There is such great power in this. This is where you can really stoke up your inner generator of energy to support you through whatever you face. Love is the type of fuel upon which human beings run the best. This fuel is free, and you can give it to yourself, NOW. So power up your batteries - love yourself. Every aspect of you can be recharged, energised and uplifted by the act of loving yourself, from the deepest core of your cells, through all parts of your body and mind, to all levels of your heart and emotions.

Then receive the additional boost - of the love that the universe has for you. This love is constantly flowing to you, and loving yourself opens up your valves to let it in.

Love yourself whatever the situation. If the challenge arises out of something you wish you had done differently, love yourself anyway. If the challenge arises out of something you wish someone else had done differently, love yourself anyway. If the challenge arises out of grief or loss, loving yourself will bring a healing balm to the raw wounds that give you pain. If the circumstances arise out of something you fear, loving yourself will give you, courage, inner calm and peaceful power. Whatever challenge you face, loving yourself will help you through it.

#### **Find ways to Love Yourself.**

Talk to yourself, tell you that you love you. Look in the mirror and tell yourself that you love you, then pause and imagine that your reflection is talking back to you and is sending you love.

Do loving things for yourself - such as relaxing baths, nourishing food, a favourite book, a refreshing walk. Ask yourself - what would feel loving to you, and take time to do it.

If you don't have much time it can be as simple as taking a moment to breathe in the energy of peace. As you nurture yourself with these acts of love - tell yourself you are doing it for the purpose of sending love to your whole being. As you say that - feel that energy flowing to you and in you.

Comfort yourself in a loving way. Stroke yourself. Put your arms round yourself. Sing to yourself. Do whatever feels loving to you and do it with the clear intention of flowing love from you to you.

For some people loving themselves can be a challenge in itself, but even a small amount of focus in this direction will reap benefits...so even if you don't find it easy, give it a go.

The first three points above will help you stabilise your energy, give you a more balanced foundation to be in the moment, and face whatever is showing up in your life.

The next three points build upon the first three. Add these in when you feel ready, and are able to maintain breathing, accepting the situation, and loving yourself at the same time. If that feels too much - just stay with the first three and repeat those.

Also you can give yourself a head start with all this by practising the above steps when it doesn't matter so much. Practice focusing on breathing with a flowing easy breath...just for the sheer pleasure of it; for the feeling of that life giving nectar flowing through you. Practice accepting and allowing the situation, with small challenges like stubbing your toe, or taking the wrong road turning. Explore how it then feels to let the open hearted energy of acceptance move through you, rather than the tightness of reaction and resistance. Practice loving yourself, at times when you feel playful, open or at ease, and can most easily get the feeling of love flowing from you...to you.

#### **4. Choose 3 key words that will help you cope.**

Most of the time, we have some kind of chatter going on in our heads. When we are facing an emotional crisis this background dialogue can make our situation worse. Such things like 'Oh no, what am I going to do'...'I can't bear it'...'I hate this'...'I'm so stupid for letting this happen'...'they don't care about me'...'he won't get away with this'. These are just a few examples of what rattles on in the background of our minds. This self talk has the effect of draining and frazzling our energy, confusing us so we think less clearly, and generally making us feel more vulnerable. If we are feeling angry, it can inflame the situation, if we are fearful it gives the fear more power over us. It has the effect of spinning us further down into a 'feel-bad' place and holding us there.

So when faced with a challenge we can help ourselves in a big way by making a conscious choice to think, and inwardly say to ourselves - words that strengthen our energy, words that bring clarity and peace. Or wisdom, release, healing, prosperity, understanding, stability, balance, presence, freedom, power, clarity, ease, transformation... you choose the words that feel the best for you. You can of course adapt your choice of words to suit your changing circumstances.

I suggest you choose three words; this gives you the most benefit without being too many to remember. Three words form a stable triad, and flow with the rhythm of a mantra when you repeat them.

Regard these words as living energy that fills your being, your consciousness, heart and mind. FEEL the living energy of your words flowing through you, uplifting you, healing you, bringing balance, strength and ease. Sense yourself with these words written inside you like a stick of seaside rock, or woven through you like a thread through a

blanket. Let them become part of you. Breathe them in, feel them fill you, breathe them out, feel them surround you, breathe them in, and feel them fill you again. Become your words, and let them be you. This process is simple, but very powerful and transformative.

## **5. Be the witness and see the big picture.**

By now your breathing is flowing in a gentle supportive rhythm, you are accepting the situation and are loving yourself. You have added to this the empowering energy of three uplifting words that help you move further into a better state.

Having done all this it is easier to now give yourself the gift of stepping back from the immediate situation. Let yourself shift into the awareness of the witness. Observe your situation, and observe yourself in the situation as if you are watching a friend, and are feeling compassion for them. This can help to unhook you from the emotional attachments that would otherwise grip you in a stranglehold, and limit your vision. In stepping back and being the witness, you can view life as if through different lenses. These lenses expand your perception allowing you to see the bigger picture. The bigger picture is as expansive as you can allow it to be, and may contain all the understanding, wisdom and guidance that you can allow yourself to have.

So it is by standing back and witnessing the bigger picture that you can open up your ability to see the wider range of options - that always were available to you, but were hidden by the more contracted tunnel vision of resistance.

## **6. Focus on something that represents a positive outcome.**

You are feeling calmer, stronger, and more stable, with easy flowing breathing. You are seeing the situation from a perspective which shows you the breadth of your choices. Now, from this place you can choose to put your attention on life unfolding positively for you. Ask your inner guidance for an image, picture, word, or statement to represent that positive outcome for you. It could be a colour, a memory, a song, or anything else that makes you feel good when you focus on it. Use this to anchor your thoughts and emotions in the direction of the positive outcome.

Like the three key words - this step creates a powerful feedback loop between the different parts of you. It gives out the signal that even though you are faced with an emotional crisis, you are choosing to focus on moving through it and feeling better. The other parts of your psyche can then rally behind you on this, and as the law of attraction tells us, the stronger your focus on the feel good anchor, the more momentum and energy it will gather. The song, image, word or statement will then take on an much brighter hue and pull you towards your positive outcome even more directly.

So again as with the three key words, feel the energy of whatever represents a positive outcome for you. Feel that energy fill you, uplift you and strengthen you. Feel the energy in your body, let it flow all the way through your emotions and mind, and carry you forward.

This is another simple process and therein lies its strength. Its simplicity makes it easier to do in a crisis situation, where what you need is something direct, powerful and effective.

