

EMOTIONAL MUSCLES

Bridging the Gap with EMOTIONS

What emotions would help you align more to your vision? Your top three goals?
Your Daily Rituals?

Think about your vision and any place that doesn't feel 100% comfortable. Is there a place where you "gasp" or "hold your breath" when you connect to that part of your vision being realized?

Identify 3 EMOTIONS to cultivate that will help you "bridge the gap".

Examples: "Vulnerability" was one I adopted so I could feel adored and cherished. "Being Seen" was another emotional muscle for a gal getting more comfortable with her TV Show vision. "Anticipation" or "excitement" is a great emotion for those working on health goals -- anticipation or excitement helps perpetuate STARTING a workout. Surrender for someone who likes to CONTROL. "Calm confidence" for a woman who wanted to excel within a corporation, get a raise and promotion.

Choose three "bridge the gap" emotions. These three emotions can also be any three emotions that align with your vision that you want to consciously strengthen over the coming year.

PLEASE REFER TO the WORD DOCUMENT in the HANDOUTS section for more examples of Emotional Muscles other's have chosen to focus on.

Keys to Building Emotional Muscles:

1. **Act as if.** Pretend. Imagine you're an actor embodying this emotion or feeling.
2. **Consistency** - 2 minutes a day -- over time.
3. **Recall Previous Experiences** - where you've experienced the "emotion." (i.e. Love -- from parents, significant others, pets, etc.)
4. **Emotional Flood.** Imagine all previous experiences where you've connected to a specific emotion. Allow those memories to come to you, one after another, stacking all the emotions on top of one another.
5. **Reverse Engineer.** In order to experience feeling "adored & cherished," you may come to realize you must first be able to access "vulnerability." Thus, focus on vulnerability in combination with "adored and cherished."

FOUR Most Important Emotional Muscles for Greater Everyday Inner Peace.

1. Willingness
2. Curiosity
3. Self-Love
4. Gratitude.

OTHER IDEAS:

Other ways to "**bridge the gap**" emotionally -- can be visually.

Mock Book Cover. I created a mock book cover with a "by Mary E. Allen" helped me align with publishing a book (it happened later that year for me). Visual pictures are great for this. Putting by graphic of a book spine around books on my shelf also helped me find the feelings I'd experience seeing my book on shelves.

Treasure Mapping - great tool for eliciting emotions and connecting to your vision. Use magazines to capture image and words...or create images that more specifically capture your vision. Fun project!

Mary's Story: In 2004 I did a great treasure map, which included created two mock book covers (2 completely different titles than Power of Inner Choice by the way), relationship stuff (my head over a wedding dress), Bikram yoga postures I wanted to progress in, physical health, and the concept of Conversations with the Masters (I made it up while doing the treasure map -- and have since interviewed 4 of the people whose pictures I glued on my treasure map). I was looking at my Treasure Map one afternoon in August 2004, reflecting on how so much had come into being...I had met John, 3 of my Conversations with the Masters had happened, my health was there, my peace greater than ever, I was talking to my publisher about my book. One of the other images I had placed on my treasure map was an O Magazine cover with a picture of Oprah on it -- and my picture next to hers. As I looked at this image, I thought, "I wonder how THIS ONE is going to happen." There was no resistance or need to figure out HOW. Three days later I received a call from the Oprah Winfrey Show. While I didn't pursue going on then...it further inspired the completion of my book...and may soon be a goal I re-embrace. Images are powerful!!!

Assignment:

1. Select **3 Emotional Muscles** to support you in realizing your vision. Write a paragraph about how you'll live into that emotional muscle.