

Riding The Wave

Tips & Tools for Managing Inner Growth

One somewhat surprising result of clearing blocking beliefs is discomfort — mental, emotional, and even physical. Sometimes we refer to it as being in flux. In this world of personal transformation we all play in, working at the level of belief can be deep. Like an iceberg, so much of what goes on for us is sub-conscious. That means when we're ready to let something bubble up to our conscious awareness, we need to also allow ourselves the time, space and grace to process all the complex feelings that may come along with it.

As you move through your own personal evolutionary process, consider these tips:

1. Nothing's wrong

Working with energy, specifically in the area of unconscious beliefs, can bring things to your awareness that cause difficult sensations and emotions to arise. It's ok. Use any grounding breath practice you prefer, or try this:

Stress Relieving Breath

- Exhale completely through pursed lips, pause
- Inhale slowly to a count of 4, exhale through pursed lips to a count of 6
- Repeat as many times as feels good for you

2. Proceed with gentleness

Honour whatever feelings are coming up for you, without judgement. This can be challenging in a culture that rewards being 'always on' and productive. Remind yourself that your personal process is sacred, no matter the timeline or how it 'looks'.

Time / Space

- Give yourself the gift of your undivided attention
- Spend time with yourself just sitting and feeling what you feel
- Use the Stress Relieving Breath if you feel overwhelmed

3. Use your tools

Remember: e-motions are energy in motion. Keep it flowing.

Try whatever works for you to help you manage your energy. This is not to 'get rid' of your feelings but rather to support yourself to move through them. If one tool stops working, try another.

InnerWisdom Toolbox

Tapping, journaling, a guided meditation, Eden Energy Medicine exercises, Vayu breathing, Self-Reiki, Reconnecting to the truth exercise from Karen Mayson

4. Engage your practice

This is when having some sort of regular, semi-regular or even occasional grounding practice can come in handy:

Yoga, stretching, mindfulness, meditation, conscious movement, chanting, ritual, craft-making, singing, dancing, walking in nature, hugging your pet, tree-leaning, whatever.

5. Ask for support

Reach out to a member of your team — whether it's a professional or a friend, a neighbour or circle member.

Though the work we're each doing is deeply personal, humans are not designed to function in isolation. Connection and community are key to healing.

Above all, be kind to yourself. Offer the same loving patience you would a friend who is struggling and always be sure to acknowledge your incredible courage in doing this meaningful inner work.

