

FEELING FEELINGS

1. Being willing to acknowledge you are having feelings.
2. Being willing to understand that your feelings are not YOU.
2. Being willing to experience and feel your feelings.
3. Being willing to allow them to be whatever intensity they already are.
4. Being willing to surrender and let go of your judgment, evaluation, justification or significance of the feelings, including whatever you think or believe they mean about you as a person.
5. Being willing to BE the feeling 100%.
6. Being able to be aware of where they are rising up in your body.
7. Being willing to de-label feelings and feel them as energy.
8. Being willing to feel feelings as energy with no intention – *zero intention* – of getting rid of the feelings. “No intention” is crucial! If you are working with your feelings with the underlying belief or thought that, through repression, denial, bypass or even their expression, they will go away, you are resisting the feeling.
9. Being willing to surrender your resistance and fear of feeling your feelings.
10. Being willing to surrender the feeling itself.
10. Being willing to let go of the feeling, when it – *not you* – determines that it is finished for the time being and is ready to go.
11. Being willing to change your beliefs about what feelings are and how they work.
12. Being willing to repeat the whole process for as many human life times as it takes.

“Feeling your feelings as energy – without any goal or purpose. To live with no intention or goal, to just do and be, is the no-intention intention. This requires feeling feelings as energy without being distracted by thoughts, stories, justifications, rationalizations, or reasons why. Being willing to feel feelings as energy and living without intention is the Tao of Chaos.”
Stephen Wolinsky, The Tao of Chaos - Essence and the Enneagram