

The 4-Step Feeling for Healing Technique

Welcome to this 4-Step Guide for moving from Upset, Hurt, Negative Feelings through to Love, Healing and the Clearing of Blocks, Patterns and Karma.

This guide works best when we are FEELING challenged.

It will work in any moment, but will be MOST effective when applied to a situation when you're feeling out of balance, upset, challenged.

▼ You Will Need 🖋️

Pen and paper

A safe, quiet space where you will not be interrupted. Turning off your phone, and letting people in your vicinity know that you'd like to be undisturbed can be helpful.

At least 30 minutes, if you have 60 minutes...awesome

▼ Before Diving In 💧

I also encourage everyone, before diving into any healing experience to first, slow down.

Take some time to connect to your heart, your Loving.

And consciously ask for the support of the Light / Source / Spirit and ask for the Highest Good of all concerned.

▼ **The F.E.E.L Acronym** 🌸

You can remember this technique over time, by using the **F.E.E.L. acronym as your 4 steps**

F... Feel

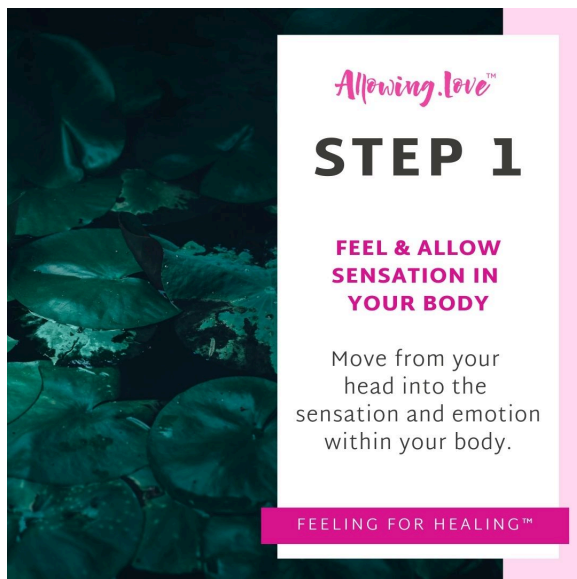
Your Feelings

E... Embrace Your Feelings

E... Express Your Feelings

L... Love Your Feelings

Feel... Embrace... Express... Love 🤍



F... Feel Your Feelings [Step 1]

How are you feeling?

Make sure you're aware within your body. You don't feel in the mind... you feel in the body. So let go of the thoughts, and the energies outside your body just now.

So when you're ready, close your eyes... and think of whatever is upsetting or challenging for you... and just pay attention, observe what goes on in your physical body.

Allow yourself to really actually FEEL your feelings, deeply, completely, right now.

[There's nothing to write down just yet... just close your eyes now and feel.]

Advanced Questions:

- Where are you feeling this sensation?
- Does what you're feeling have a texture, color and movement?
- If your feeling was a cartoon character, describe it and give it a name.

Examples:

- I feel the pain like it's blue and jagged, broken, it's aching deeply and intensely in my heart or chest – 'Blue broken aching heart'
- I just feel rage streaming out my eyes. It's red and like fire. Just so much rage and anger – 'Red raging eyes'
- I feel it everywhere and it's kind of grey, or silver. But it's just everywhere, moving a million miles an hour. It's pure chaos. It's fear – 'Anxious silver hurricane of fear'

 [References: Emotions Are Experienced in the Body](#)



E... Embrace Your Feelings [Step 2]

Once you're connected with your feelings, even subtly: the next step is to fully accept, embrace and really welcome them to be with you.

Sometimes what we're feeling, can be our resistance to just feel our emotions. So it's an important next step to let go of that resistance: to consciously and warmly welcome your feelings into this present moment.

"What you resist, persists."

Carl Jung

One of the best ways we can do this is by breathing into our feelings. Focus on the area of the body where your feelings are, and just keep breathing, feel your breath through and in this place.

You can also speak to your feelings with a kind and sweet welcome.

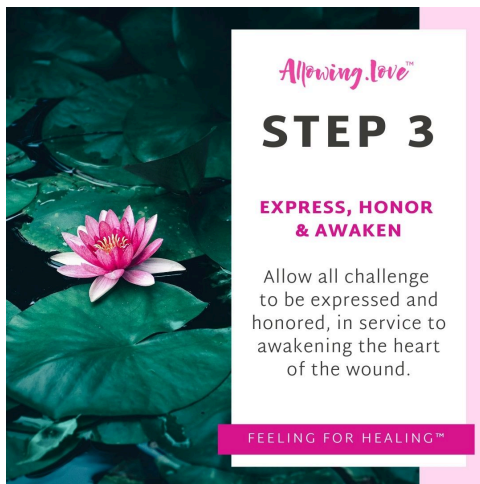
[You don't need to write this down. Saying this silently to yourself with love and compassion works well.]



My favorite way is to talk directly to my feelings and simply say:

"I have so much time, space and love for you right now. I see you, I hear you, I welcome you."

 [References: Resisting Emotions Causes Unnecessary Harm](#)



E... Express Your Feelings [Step 3]

Next we're going to treat our feelings as if they are their own unique little being or part of us.

Just like a cartoon character, or a small child, within us.

We're going to let our feelings have a completely free and uncensored voice.

We allow our '**Blue broken aching heart**' or the '**Red raging eyes**' or the '**Anxious silver hurricane of fear**' to have a voice.

"The more room you give yourself to express your feelings, the more room there is for your wisdom to emerge."

Marianne Williamson

This is the trickiest part. And at first it's going to feel like we're making it up... but that's ok. Just trust that there's a perfect reason why you would choose to make these particular words up, and not others. And if the feeling changes into a different feeling, a different voice ... go with it.

And our emotions may want to say what's NOT true. It's critical to allow this energy to express no matter if it's true, real, whatever. It's just energy that is begging to be released. Better out than in!

It also helps to start with having the feeling express what it is. If you're feeling blue, broken and sadness in your heart, start by saying: "I am blue. I am broken. I am aching. I am..." "

And then not from your head, but using your feelings as the source of your words and expression, keep allowing your feelings to express.



This part is BEST done in writing.

For example, you can write the feeling and then give it a voice:
Blue broken aching heart – I am blue. I am broken. I am aching. I am so bruised and battered. I am broken into a million pieces and no one loves me and no one cares...

Keep expressing until you feel still, or somewhat silent within: like these parts inside are complete and have shared all that they needed to.

[References: Expressing Emotions Heals and Reveals](#)



L... Love Your Feelings [Step 4]

Your job is now to talk kindly, lovingly and compassionately to these feelings. I find it easiest to talk to these feelings as if they were small children, around 5 years old. This helps me be compassionate, and unconditionally loving. It can be very powerful to start with the words: "I hear you. I see you. And I love you."

"Healing is the application of loving to the places that hurt."

Ron and Mary Hulnick

It is your loving, sweetness, kindness, compassion and unconditional loving for these feelings inside that releases them. So however you can express or extend your loving to these parts inside of you – get creative in your imagination and do that.



Advanced Question:

Ask your feelings – What do you need?

And then do your best to give yourself THAT experience!

Perhaps your heart needs a hug – so you imagine that. Or perhaps your sinking sad stomach needs to be prized, and recognized, and given a party for the great job that it does. And so you imagine a party with cheering and celebrating for it and how it's been doing a great job in your life.

Let go of who you think you are, or think you aren't... and really allow yourself to completely love these parts within.

I'm usually aware that I'm complete with the above process once my energy Lightens: a shift inside from heaviness and contraction, to Lightness, expansion and joy.

 [References: Compassion Heals](#)



Optional: Complete this experience with Statements of Self-Forgiveness and Truth.

This statement helps to rewire the brain from fight, flight, freeze and fawn, back to health and wholeness.

**"I forgive myself for buying into the misbelief that...
And the truth is that I am..."**

Learn more about  [Self-Forgiveness Statements](#)

Notes and Next Steps



NOTES from Dr. Zoë Lumiere

As human beings, we have a wonderful opportunity to more fully FEEL our feelings.

It is one of the easiest ways to stay healthy, to have complete energy, and to be aligned with our joy, peace of mind, and our Loving. PLUS... without it... we can't create meaningful and intimate relationships. So let's all be more courageous, and feel more fully.

My life's work is devoted to supporting the planet in learning how to ALLOW our feelings into more Love, intimacy and connection.

I'm here to share this work freely, and I so appreciate your love and support. And yes you can share this guide with others if you'd like.

And this 4-Step Process is just a basic start to the Big, Brave and Beautiful Adventure of Self-Healing. Please let us know how it goes for you. Complete the feedback from below and we'll get back to you as soon as we can.

Love Zoë



“

Our challenges are here to expand us into the power and purpose of our Love and Compassion.

Without embracing your pain, hurt and challenges, it's hard to find your calling.

DR ZOE LUMIERE

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Learn more about working with [Dr. Zoë Lumiere Here](#)

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