

free soul



Emotional Alchemy

Inviting the Paradox to dissolve old Patterns

Emotional Alchemy can be used to dissolve old patterns.

These can be:

- 1) internal patterns you play out with yourself, or**
- 2) relationship patterns you play out with another person.**

1) Internal Patterns:

When you feel stuck in a repetitive response to a situation.

When a situation is charged with old baggage, fear or anger, there are always two polarized emotions involved. The first one is an emotion you are trying very hard not to feel. We'll call that the **resisted emotion**. There is also an opposite emotion you are longing to feel. We'll call that the **craved emotion**.

After you identify both emotions you are ready to use the emotional alchemy.

First you allow yourself to feel the **resisted emotion** as fully as you can. Breathe deeply and breathe into this emotion. Notice any images, memories, sounds or sensations that come up as you feel this emotion. Continue for about two minutes.

Now you begin to allow yourself to feel the **craved emotion** at the same time. You are still feeling your **resisted emotion**. But now you are expanding to also feel your **craved emotion** at the same time. You continue to hold both of these opposite emotions and keep breathing into them. Stay with it.

Notice your heart space.

After a while you may begin to feel a new spaciousness in your heart.

You may feel as if a flame has ignited, a burning or an energy that is transmuting something.

You may feel old accumulated emotions surface that are no longer needed.

Let them burn away.

This may be "guilt" or "shame", "unworthiness" or "failure"...

As they burn you may start to feel a greater clarity or connection with your self.

You may notice that it becomes easier to love and accept yourself.

Finally thank yourself for releasing an old burden and for dissolving an old pattern.

2) Relationship Patterns:

When you find yourself drawn into playing out polarized emotions with another person and notice you tend to play out a repetitive role with them.

When that happens, typically one of you plays the attacker, blamer or accuser and the other one the defender, the unfairly accused or the victim.

No matter which role you play, here too there is an emotion the other person triggers in you that you really don't want to feel. The **resisted emotion**. And again there is an opposite emotion you are longing to feel. The **craved emotion**.

There is also often an emotion that you are trying to keep the other person from feeling (or from expressing). We'll call that the **feared emotion**.

To begin dissolving the charge of these repeated exchanges, and the old dynamic of the roles you both have played, go back in your memory to a recent one and use it to apply the Emotional Alchemy.

The Emotional Alchemy starts with your own emotion.

As you remember noticing that the familiar dysfunctional dynamic is being triggered, the first step is to take a deep breath and just allow yourself to feel the emotion the other person is triggering in you, no matter how much you don't want to feel that way.

You are not making the other person right by feeling your feelings.

- You are just feeling the **resisted emotion** that is coming up.

You are not trying to avoid it.

The emotion might be "helpless" or "angry" or "scared" or "marginalized"...

Just pause for a moment, breathe and feel it.

Next you are allowing yourself to notice the emotion on the other side.

The other person might be heading into an emotion you really didn't want to be the cause of, an emotion you are typically really trying hard to prevent or undo.

- Again, pause and notice this other **feared emotion**, breathe and just feel it as much as you can.
- You continue to feel your **resisted emotion** at the same time.

You may be able to notice that the other person really doesn't want to feel this emotion either. But at this point let it fully be there.

Now you start to play out the whole exchange in your imagination in a new way:

From this place of allowing both of the above emotions to be fully here you can imagine saying something different than you normally do.

- Speak about what is present.
Don't try to change anything or to manipulate the direction of this exchange.
- After you have spoken, sense the effect on the other person.

Next we are inviting the full emotional alchemy: become aware that there is a very different emotion you are longing to feel than the one that was triggered.

This may be “peace” or “love” or “strength”...

- You are still allowing yourself to feel your **resisted emotion**.
- But now you are expanding your emotional awareness to also feel your **craved emotion** at the same time.

You keep breathing and hold both of these opposite emotions.

Stay with it.

This is when the full alchemy happens.

After a while you may begin to feel a new spaciousness in your heart.

You may feel as if a flame has ignited, a burning or an energy that is transmuting something.

You may feel old accumulated emotions surface that are no longer needed.

Let them burn away.

This may be “guilt” or “shame”, “unworthiness” or “failure”...

As they burn you may start to feel a greater clarity or connection with your self.

You may notice that it becomes easier to love and accept yourself.

To continue playing out the exchange:

- Sense if there is something else you want to say to the other person. Express your emotional truth.
- Imagine how the other person might respond.
- Feel any new opening that is being created for both of you.

- Finally thank yourself for releasing an old burden and for dissolving an old pattern.

Afterwards you can contemplate who you are becoming when you no longer play the old role with the other person and welcome the next opportunity to change that old pattern of interaction with the other person.

Imagine what you will feel like as a situation that has played out along the old patterns for a long time doesn't create the same outcome any longer. If you like, write it down and create an Anchor Image. (Ask me for the worksheet if you don't have it.)