



## Lesson 29:

# Emotional Zones in the Body

Being aware as we contact the wound

What are two ways we can enter into the Empathy Phase?

What is *emotional literacy*?

When we can break an emotion down into its primary emotions, it can help us get a better understanding of where in the body that emotion may be sourcing. Knowing this sourcing will influence what interventions we choose and how we interact with the body.

Pick three common emotions that we use in everyday speech, such as worry or hurt, and see if you can identify the primary emotions that they contain. For example, we could think of anxiety as containing fear and anger, and hurt as containing anger and sadness.

List the body areas often associated with each primary emotion:

Anger -

Sadness -

Joy -

Sexual -

Fear -





What is the implication of the concept that *what fires together wires together*?

What is meant by *helping to mature the emotions*?

Armoring, in essence, keeps the biophysiological energy within the wound from mobilizing. It does this by limiting the amount of bodily activation that occurs in an area, as well as limiting that area's associated emotion. Bodily activation and emotional arousal are both parts of the mobilization response, the response that seeks to bring the organism back toward health. Armoring appears in the structure because the body has not yet found a way to negotiate between the forces of the trauma and the forces within that seek to bring the system back to health.

Armoring limits our contact with the wound, blocking us from the intolerable need and intolerable power that lives within it. As we move through the wound, it is grace that restores our sense of power, as well as our sense of precious vulnerability that connects us with all life. We return to an effective response cycle, a ground of safety, a capacity for regulation, and a deep integration within the parts of our bodymind. We feel connected. We feel whole again.

As healers, we work to provide the support and framework for the client's own power to integrate and in the process of that integration, heal the wound and evolve the soul.

*Describe in your own words - what is healing?* Let your mind flow nonlinearly. Jot your thoughts out as they celestially arise.

