BRIGHTLIFE YOGA COLLECTIVE

EMOTIONAL FREEDOM CHALLENGE

Daily Practice - Day 2

MORNING

Today, I dedicate my practice to...
(from the awakening Inspiration Worksheet)

_____

The feeling state I intend to cultivate today...

- ☐ Freedom & Relief
- ☐ Joy & Optimism
- ☐ Confidence & Purpose
- ☐ Calm & Focus

The three troubling emotions I'll be "Relaxing With" today are (see instructions to the right)...

1. _____
2. _____
3. _____

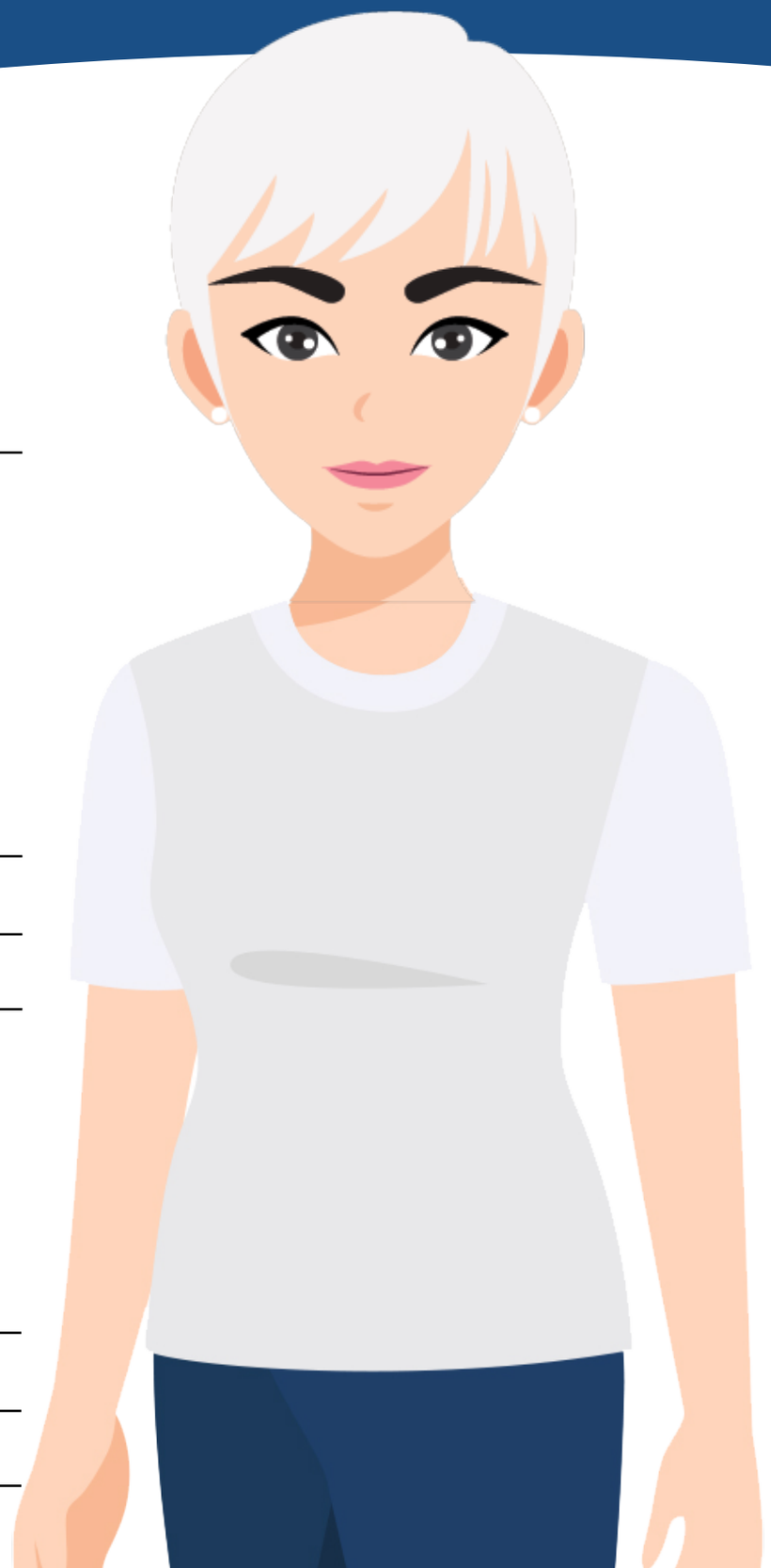
EVENING

The changes I noticed today as a result of my "Relaxing With" practice were...
(use the list to the right for inspiration)

_____

_____

_____



R.I.D.E. It Out Emotional Release Technique
Step One: RELAX WITH

Today we'll be exploring the first step of our four-step R.I.D.E. It Out Emotional Release Technique

When faced with a troubling or uncomfortable emotion today...

RELAX WITH the Emotion:

With each inhalation, breathe into and around the sensations of the emotion as felt in the chest, belly, neck, or shoulders.

With each exhalation, allow every part of the body and mind to soften and relax. Relax with the emotion, right along side of it without attempting to change it in any way.

Continue this for one minute and notice any changes in how you feel about the emotion.

Possible Changes from "Relaxing With"

- Happier with a greater sense of ease
- Less anxious and more relaxed
- Greater clarity of mind
- Quicker to recover from troubling emotions
- Increased access to intuition
- Less likely to be disturbed be emotions
- A sense of being more centered
- Emotions seemed more mild
- A feeling of more confidence
- A sense of being more connected to others

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