

# Emotions and the Body

Introduction

Opening Meditation

Presentation of Concepts

- Emotions are energy in motion

- Thoughts are the language of the brain

- Feelings the language of the body

Elevated emotion and body memory

- Where/How we hold memories physically

- How to access our unconscious through meditation

Future Self Exercise

- This will include journaling

Setting of Intention

Movement to connect to our emotions

Closing meditation

Participants are encouraged to bring a journal or notebook, something to write with and be prepared to move. We will spend 20-25 minutes moving our bodies. Everyone is welcome no matter your ability to move, you will only move as much or as little as is healthy and comfortable for participants.

# A Remarkable Life

Adapted from Debbie Millman's  
How to Design a Life podcast

There is a magical quality to this exercise, dream big, don't edit, and be careful what you wish for! Write this essay style with full paragraphs, with far fetched goals, dreams.

Imagine a remarkable life, what your life could be if you could do anything you wanted and without fear of failure. Stay full of hope and optimism.

It's Autumn of 2022, What does your life look like? What are you doing? Where are you living? Who are you living with? Do you have pets? What kind of house are you in? Apartment? In the city? The country? What does your furniture look like? What is your bed like? What are your sheets like? What kind of clothes do you wear? What kind of hair do you have? Tell me about your significant other. Do you have children? Do you have a car? A boat? Talk about your career, what do you want? What are you eating? What are you making? What excites you? What is your health like?

Write this day, this one day, 5 years from now. What does your whole day look like? Start from the minute you wake up, brush your teeth, have coffee until you tuck yourself into bed at night.

What are your dreams? Dream big without fear and put your whole heart into it. Write like your life depends on it, because it does.

Please read it at least once a year.

## References

Insight Timer, available in the app store

Tom Evans, [tomevans.co](http://tomevans.co)

Breaking the Habit of Being Yourself

Dr. Joe Dispenza

[drjoedispenza.com](http://drjoedispenza.com)

Playlist (subject to change)

Saracen (Kemanche Mix) Jef Stott

Rise Katy Perry

Ego Indila

Breathe Fleurie

Amazing One eskimO

A Sky Full of Stars Coldplay

Long Time Sun Snatam Kaur