

HELPFUL INFO FOR STUDENTS RECEIVING WORK ABOUT FEELINGS THAT MAY COME UP

- 1) Whether we are actively moving or exploring during a floor lesson or sensing being moved during a table lesson, we may become aware of something that has been suppressed. This awareness releases the suppression (muscularly, energetically or both). We then experience the very material that was the reason for the suppression so long ago by a young child who didn't want to feel that again. Sometimes just the sensation or the emotion. Sometimes the content, the reason why we needed to suppress it in the first place. Once it's brought again into awareness, the change we have been carrying and the price for suppressing it can begin to dissipate and we can heal. The child survived the experience, the much more powerful adult certainly can. It can be brief and then gone leaving only data or memory that no longer is a cost to the emotional and physical body. Or it can be the beginning of processing new material we were previously unable to access.
- 2) Shortly after that, we then experience the cost of all the permissions denied, all the possible experience not tasted, because of that suppression and we feel a deep loss. Fully allowing that natural response of grief or sadness without resistance, make way for anything from peace, calm, or greater presence, all the way to joy to emerge.

When receiving new, previously unknown data if we do not allow a visceral experience "a gut, heart or throat feeling" of it, the data will elicit resistance. We are in "mind" and the mind's model of the world is being threatened. The mind filters out the data or uses fear based prediction all in order to not allow in the data. If we receive the data viscerally (much more likely during/after floor or table) the data elicits emotion which allows in the data.

