

Sovereign Aura Healing

Energy medicine for mind, body, and spirit

www.sovereignaurahealing.com

Heart Centered Emotion Practice

1

Name what is happening

- "Right now I am feeling a wave of shame after that conversation."
- "I notice fear about being judged."

2

Stay with the emotion in the body

- Let the emotion rise, peak, and fall in its own time, keeping your awareness inside the bodily sensations. Sometimes you can also feel it in the field just outside of the body.
- Notice where it shows up in the body: chest, throat, gut, face, hands, or anywhere else.
- Stay curious: temperature, tightness, movement, heaviness, vibration, pulsing, numbness.
- You are practicing emotional awareness and presence, not fixing.

3

Offer basic safety while it moves

- "It makes sense that I feel this way right now."
- "In this moment I am physically safe enough to feel this."
- "I do not have to solve this feeling, I just need to stay with myself while it moves."

Heart Centered Integration

4

Notice when the wave has completed

- A small drop in intensity.
- A change in the sensation.
- One deeper breath, a sigh, a yawn, or a slight release somewhere.

Settle your awareness into your heart

- Let your awareness rest in the center of your chest.
- Bring to mind a time when you felt genuine warmth or tenderness toward yourself.
- Notice what happens in your body as you rest in that memory, and feel deeply into how that feels.
- Now do the same in regard to times you felt fully accepted and supported by others. Times when people have gone out of their way to help you.
- Find how it feels in your body to connect with a time in your life when you felt the safest, and let that feeling gently spread.
- Find how it feels to let that sense of safety softly spread from your heart through your whole body, as if your nervous system could learn, little by little, that it is safe to relax here.

Note: Most triggers stem from a lack of safety, belonging, or self-love—sometimes all three. As you rest here, gently sense which of these needs feels most relevant for you right now, and connect with it in order to invite more balance into your body.

Gently offer truer beliefs

"Parts of me hurt and struggle, just like everyone else around me. I am working on finding safety within that."

"I can gently rediscover a felt sense of safety within myself, even when my conditioning has convinced me I am not safe. Each time I touch this inner safety, my nervous system learns to relax a little more."

"I can find a sense of belonging from within myself. As I practice feeling into this inner safety and self-acceptance, it will become increasingly unshakable."

Rest here and notice how the body responds as it takes in the new programming, while grounded in a sense of safety, belonging, and self-love. When awareness settles into the heart space and connects with this warmth and security, it becomes surprisingly easy to release false beliefs. It's helpful to recognize which beliefs are creating distress. Returning to this practice whenever they arise gently rewires how the mind, body, and nervous system respond.

Re-grounding After Practice

- Look around the room and name a few things you see.
- Feel your feet on the floor or your body on the chair.
- Take one slow breath and notice: "I stayed with myself. I am here."

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