



In our **environment**
and our **trajectory** as **humankind**,
are you feeling more *denial, anger, depression, bargaining, or*
acceptance?

After you notice, give one example....

As you Consider...

Why is this important?

Pause and answer this before reading.

Did you come up with an answer internally yet? Do.

If you don't try first, before you reach for someone else's answer, you rob yourself of the *best* way to learn and your own internal wisdom.

Close your eyes and answer all of these questions as best as you can, and *then* read on...

Okay, here it is.

Connecting to our emotions
allows them to *flow through*
and we adopt wisdom
more than we could have before the emotional trigger or trauma...
(Elizabeth Kübler Ross)

Now, here is a caveat and consideration for this process:
triggers are *present* influences
traumas are from the past, from repressed emotions

Both can flow through, release, and impart wisdom
They should be identified
so you are present with reality
and process them appropriately

Is it, could it be, a reaction to something that is happening now?
Are you in a safe environment? In a safe environment is when old things can arise and move out.
Do you trust your environment and the people you are interacting with? How do you know? Is there a doubt you have? If so, simply consider internally and notice.





Browsing for Bridges



Get space if you need safety; if you feel safe to go through this process consider it sacred and share only with those that you love and trust.

Wisdom of Grief Process:

Recall the question:
In our **environment**
and our **trajectory as humankind**,
are you feeling more *denial, anger, depression, bargaining, or acceptance?*
After you notice, give one example....

If you are feeling...
Ask:

Denial: What do you need to **understand** or what is your greatest **concern**?
We can be blind to things that are either too close for comfort, or things we have been shut down to. Confusion can also fall into this category. What are you saying *isn't* true to protect yourself from other emotions?

Anger: What can you do to **change**? Make it **tangible**.
Anger is a feeling that arises to make you move and act. It is a quick, immediate, boundary or an emergency response to an urgent circumstance. What is it that you find true and important to communicate or do to live aligned to your value?

Depression: What are you **releasing** or **praising**?
These two are *intricately connected*. We don't grieve what we don't love (praise); the way we lift up, in our mind and heart, that which is meaningful to us. Reflect on the two sides- what do you *love* about what are losing or have lost?

Bargaining: What more do you want to **understand** to be **happy**, relaxed, and relieved.

Acceptance: Is the resolution and goal.
Our bodies, un-winded, are healthy.

Do:

Denial: Learn one thing, with purpose, that helps clarify the question that keeps you blinded or unclear.

Anger: Make an action commitment, something that changes the trajectory you are resisting or in that process provides you clarity that brings you out of anger.

Depression: What is the gift of the thing that you care for and are grieving? Identify the two sides and allow tears if it feels like it will help move forward through it.

Bargaining:

What does "acceptance" feel like to you. Or, you could think, "belonging."

A little extra information, *now that you have done your own process, examining and letting go:*

Emotions, on average in response to the environment, last about 90 second. When we allow those in recognition, they move through our bodies and relieve themselves. 15 Commitments of a Concious Leader) In fact, all of our feelings "boil down" to 5 core emotions: fear, sadness, anger, creativity, and joy.

