

Awareness Practice: Your Inner Feelings Care System

Part 1: Express your feelings so you can experience Release and Relief (see page 86). Do this for five minutes per day, or as often as you want to feel relief. This changes your reactions into responses and allows your feelings to flow so they don't get stuck and turn into grudges or lists against other people — or yourself.

Part 2: Use your Inner Wise Self to transform and reframe the feelings you listed in part 1, so you can receive more inner support, encouragement, and reminders that you are unconditionally loved. Do this one to three times per month for 15 to 30 minutes.

Part 3: Joyfully list your appreciations and love so that more can come to you. Do this for five minutes per day or more often if you feel inspired. This creates more love, goodness, gladness, and gratitude.

Remember, your feelings just want your love and attention, and they don't need much to feel tended to.

Once your feelings know that you know how to tend to them, they can move and flow through you more quickly. You'll find yourself feeling upset less often and for shorter periods of time. Other people will not trigger your feelings as often, either. And if they do, you'll know how to care for yourself and your feelings.

The most loving contributions you can make in your **Succulent Wild Love** relationships is to be glad and feel good, and to tend lovingly and skillfully to your feelings when you're not. You can use all the parts of your Inner Feelings Care System to practice and experiment.

You'll know how you feel, what to do with your feelings, and how to love yourself and others more deeply more often. Being an "embodied joy being" is the best gift you can give the world and the people in your life. Being loving and showing it is a beacon for others to do the same.

Give yourself and the people in your life the benefits
of your feeling better more often. Go here:

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