

WELCOME

Feelings are meant to move

the only way out is through, gently

Emotions are energy in motion. When we push them down, they do not disappear. They settle into the body as tension, heaviness, and exhaustion. When we let them move, they complete their journey and leave space for something new.

This journal gives every big feeling a safe place to land. The same four questions guide each session: What am I feeling? Where do I feel it? What is it trying to tell me? What needs to be released?

Use it in the moment when emotions rise, or as a regular evening practice. Cry if you need to. Write messily. Nothing here needs to be beautiful. It only needs to be true.



whatever arrives is welcome here

The release ritual

- 1. Arrive.** Sit somewhere private. Take three slow breaths with long exhales. Place a hand on your heart and ask: what is here right now?
- 2. Name it.** Write what you are feeling without judging it. Anger, grief, jealousy, numbness. Naming an emotion already begins to soften it.
- 3. Locate it.** Feelings live in the body. A tight throat, a heavy chest, restless legs. Finding where it lives helps it move.
- 4. Listen.** Every emotion carries a message. Anger often guards a boundary. Sadness honors something loved. Ask what it came to tell you.
- 5. Release.** Decide what you are ready to put down. Then let your body help: sigh, shake, stretch, cry, or simply breathe out longer than you breathe in.

The following pages hold fifteen release sessions. There is no schedule. Come when something feels heavy.