

## Feel Your Feelings


Our Soul speaks to us through our feelings. Often times, we don't want to feel our feelings of sadness, fear, anger or sexuality so we stuff them with food, activity, noise, phone calls, TV and other distractions.

Join me in feeling every feeling you experience in a healthy and friendly way. On the call, I'll lead you through some somatic centered tools I learned from the Hendricks work.

Notes:

**I feel afraid and my story is...**

**I feel angry and my story is...**



**I feel sad and my story is...**

