

## I Feel (Mad/Sad/Glad&Scared) About You Initiation

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**FORMAT:** In pairs standing or sitting in the room. Takes 30-60 minutes.

**PURPOSE:** Building matrix to hold more consciousness about low level feelings and practice using low level feelings in complete feelings communications.

### **INTRO/BACKGROUND CONTEXT:**

This initiation only works when participants have already upgraded their [thoughtware](#) to the *New Thoughtmap of Feelings*. Please refer to a Possibility Management Trainer or a [Possibility Manager](#) to take the participants through the [archearchy](#) thoughtware upgrade process of shifting from the *Old Thoughtmap of Feelings* to the *New Thoughtmap of Feelings* before attempting this initiation. The *I Feel (Mad/Sad/Glad&Scared) About You Because...* process deepens the *New Thoughtmap of Feelings* and brings it from a mind distinction to a [5-Body](#) distinction.

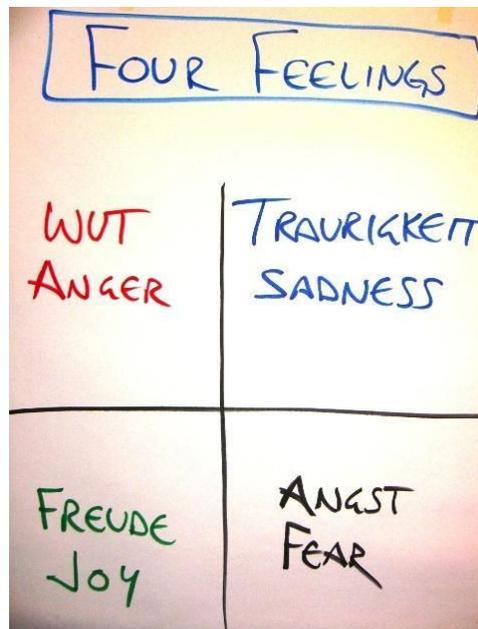
We are feeling the four feelings all the time about everything. This is shocking news in a feeling-phobic culture where it is not allowed to feel, as if feelings and emotions are a design errors. In the *New Thoughtmap of Feelings*, feelings are a neutral source of energy and information that can be experienced and expressed between 0%-100%, unmixed, and used consciously. This is called *conscious feelings*.

We feel the four feelings about everybody all the time. Those could be feelings or emotions. Feelings (that come and are used and disappear in less than 5 minutes) are for handling things. Emotions (that stay around as an experience in your body for longer than 5 minutes) are for healing things.

**IMPORTANT NOTE:** By saying all 4 feelings/emotions to the person you are making a complete – fully round – communication. By saying only one or two of the feelings/emotions you are delivering an incomplete or distorted message, because, in fact, if you check in with yourself, you are feeling all 4 feelings/emotions about everyone all the time. This is a new practice to say all 4 feelings/emotions whenever you are communicating your feelings.

Both feelings and emotions bring a huge amount of information for use in relating and connecting with one another. This initiation is to practice making low-level

feelings more conscious. This is part of Phase 1 of feelings work. (see [Phase1-Phase2 website](#)).



**PROCEDURE:** People walk around randomly in the room and when they meet someone, first one person and then the other scans their Emotional Body and – before they think – they say both the energy (the feeling/emotion) and the information (the ‘because...’) of all 4 feelings:

- “I feel angry about you because...”
- “I feel sad about you because...”
- “I feel scared about you because...”
- “I feel glad about you because...”

Person B repeats back what Person A told them. Each of the 4 messages contains both energy (one of the feelings/emotions) and information (the ‘because...’). The repeating back should contain both the energy and the information for all 4 of the messages. If Person B does not get it, Person A says, “No. That is not what I said. I said...” and then repeats the messages with both the energy and the information of each message.

After Person A goes through all four feelings and Person B can repeat it back, change roles. Person B speaks and says, “I feel (mad/glad/sad/scared) about you because...” and communicates all four feelings/emotions, delivering both the information and the energy of each one. Person A repeats back what they heard Person B tell them until Person B is satisfied that Person A heard them.

Now go find another person and communicate your 4 feelings/emotions with them.

**ADDITIONAL CLARIFICATIONS YOU CAN ADD TO YOUR COMMUNICATIONS:**

1. **ADD-IN:** The % of each feeling, from 1% to 50% intense. If a feeling/emotion is in the higher percentages the intensity of the sounds may frighten people who have unhealed shocks from hearing high intensity emotional communications, for example, from drunk or abusive parents or teachers, etc.
2. **ADD-IN:** Tell the person whether your anger, sadness, fear, or joy is a feeling or an emotion. If you are to not lie about this, almost everything is emotions. How do you know it is an emotion? Did you ever feel anything like that before? It is an emotion. Is your story from the past or future? It is an emotion. Did you ever have that same story before? It is an emotion.

**HINTS:** The spaceholder can give some hints during the course of the process. For example:

- Notice which feeling often comes first, which often comes last. Why is that happening? Try to do something different. See what happens to you.
- Notice which feeling you often forget and you have to look at the map of feelings to find again. Why is it hard for you to remember this feeling? What happens when you start with this feeling instead of forgetting it?
- *Feelings* of anger, sadness, fear, and joy feel the same as *emotions* of anger, sadness, fear, and joy. The only difference is that emotions last longer than 3-5 minutes in your body. This is important information. Notice if the feeling comes from the here-and-now present or from somewhere else. If they come from somewhere else – the past, from someone else, from a belief system, from your Gremlin – then they are not feelings, they are emotions.

**CHECK-IN & WRAP-UP:** What did people notice? How did it go for them?

**IMPORTANT HINT:** If someone says, *good or bad, difficult or easy, comfortable or uncomfortable*, etc., their sharing is a judgment. Ask them if they could do the experiment of stop judging what they experienced and instead describe what what happened for them. Then ask them if they can notice a difference. Probably they have been judging rather than appreciating the subtleties of their experiences for many decades. They have been missing out on life.