Eponaquest CLIENT HANDOUT

Four Step Process

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ONE: Feel the emotion in it's purest form.

- Where do you feel it in your body?
- What is the sensation?

TWO: Get the information behind the emotion.

- Ask the questions in the EMC.
- Notice if the sensation has diminished in your body.

THREE: Change something in response to the information.

- You need both the courage to feel, and the willingness to act.
- Action is necessary – however, note: "action" can mean either doing, or **not** doing. It can also mean inner action such as taking a decision.

FOUR: Go back to grazing.

- The issue is resolved
- Body sensation diminished, so you can let go.

When you approach your emotions as information bringers, with the understanding that they are an important aspect of your inner guidance, you becoming more horse-like in your responses.

Horses are champions of emotional agility: they can move up in arousal as quickly as they can (often literally) "shake it off": let go of the tension, and go back to grazing.