

Freedom from Emotional Eating; *Changing your relationship with food*



Re-parenting the Feeling

You may find, as you move through this journey, which is taking you away from the habit of soothing with food, that flashes of feeling pop up; they may not have been instigated by anything that you can pin point. For instance during a particular period of time I would have fear pop up, I had no idea why but it felt it in my solar plexus area, with no obvious trigger. I tapped on it, but couldn't always drill down to understand it. Then I was introduced to this technique and I found it invaluable. I have since used it with many clients and they have found it really helpful. Perhaps you could try it too. There are three ways to use this technique:

1. Notice the feeling. Then feel in to it; you don't have to descend into it, just get a sense of it; skirt around the edges. What is it trying to convey to you? Once you have acknowledged that it has popped up, maybe even understand it, thank it for its message and release it. All of this is done within you; nothing needs to be said out loud.
2. Sometimes the feeling is much bigger such as not feeling safe. It is usually linked to another time in your life, usually as a child; an 'echo' of you. Imagine that child version of you sitting next to you. What do they need? Can you provide it for them? Will they let you hold their hand, or just sit next to them? Are you able to allow them to just 'be' but next to you? Again, this is done within your mind space.

I once had an echo who didn't feel safe, but when I sensed her energy she seemed about 5/6 years old. She wouldn't look at me, let alone make eye contact and I definitely couldn't hold her; it has to be on their terms. So I just sat (in my mind), quietly and continued to get on with what I was doing. Over a period of days (tuning into the 'situation' intermittently) she went from sitting at the end of the sofa, separate from me, to sidling up looking at what I was doing, to engaging with me and wanting to join in with a mandala that I was creating. I just allowed her to do what she needed to do, while I maintained a loving, non-pressurised, no judgement place for her. This provided her with the opportunity to learn to relax and re-engage, the love helped her to evolve from the outcast type energy.

3. You could imagine holding the feeling as if it is a small child and send it love and acceptance.

This is how you re-parent the feeling and allow the evolved energy to integrate back into your own energy. If you struggle with this method please seek help to do this; it's such a valuable way to care for yourself at all ages.