

Bilge Draining Process

1. Locate yourself on the Inner Map.
 - Are you Above the Line or Below the Line?
 - If you're Below the Line, is there a current threat to your survival? If so, do something! RUN! FIGHT! FREEZE! If not, continue this process.
 - Notice that your body is in Reactive Brain, even though there is no current danger to you.
 - Don't believe anything you're thinking.
 - Celebrate this opportunity to move out old, unprocessed emotion.
2. Notice your sensations.
 - Where are they in your body?
 - What do your sensations feel like? (Tight, knotted, fluttery, queasy, or something else?)
 - Are you feeling mad, sad, or scared?
 - Are these sensations familiar from childhood?
 - How old do you feel?
 - What does this remind you of?
3. Ride the waves!
 - Breathe into the sensations, letting them get as big as they are.

- Keep your attention on the sensations themselves, bringing your attention back when your mind wants to divert you with thoughts.
 - Keep going through the waves' peaking, until the sensations dissipate.
4. Express what is true.
- Match the sensations with any expression you want: Making sounds, moving, drawing, writing about what is unarguable, even sculpting in the air.
 - Now that you know what is really going on, is there someone you'd like to tell about your experience?
5. Rest.
- Appreciate your courage for heading straight into your own storm.
 - Notice what your body feels like without that layer of old energy stuck in it. Feel the flow that has always existed beneath the density of that bilge.