

TRIPLEVISION WELLNESS

Feel It First

What emotions are, where they live, and how they grow into the beliefs and patterns that shape a life

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INTRODUCTION

Feel it first, understand it second

Feelings keep moving through us, sometimes loudly, sometimes so quietly you only notice them days later. Most of us were taught to manage them, fix them, or wait for them to pass. This short book asks you to do something different: to treat emotions as allies rather than problems, and to meet them with curiosity instead of management.

The idea at the heart of it is simple. When strong emotion arrives, whether you call it good or bad, let yourself feel it fully without judgment or distraction. Only then ask: *what do I believe to be true that is creating this?*

> **Feel it first, understand it second.**

The chapters follow the path the feeling takes. First what emotions actually are, and where they live in the body. Then why presence comes before any attempt to do something with them. Then the parts of ourselves we have hidden, and the weight of what we have not forgiven. And finally how feelings point to the beliefs underneath them, the stories those beliefs tell, and the patterns they repeat across a life.

These pages hold the understanding. The practices that put it to work live in the course.

CHAPTER ONE

What emotions actually are

Emotions are transient waves of sensation, physical and energetic, arising from the meeting of body, mind and spirit. They are not good or bad. They are signals from your inner world, shaped by what has happened to you, what you believe, and what you have lived through.

When we say happy, sad or angry, we are naming a series of events in the body. Sensations come, the body moves, the breath changes. Over time we learned to describe each series with a word.

Physiologically they are nervous system events: a rush of hormones, a change in heart rate, tension, temperature, a feeling in the gut. Spiritually they are invitations to look closer.

Opposites that look the same

Look closely at the physical side of emotion and many feelings turn out to be very close, even ones we call opposites. Laughter shakes the body and cuts the breath into short rounds, ha, ha, ha, usually in a rising tone. Crying shakes the body the same way and cuts the breath the same way, uh, uh, uh, in a falling tone. Watch someone laughing and someone crying from a distance, without the sound and without seeing tears, and they look much the same.

How some feelings became negative

Growing up, some of these phenomena were welcome and others were not. We even learned to call them positive and negative emotions. This started long before you understood anything about emotions. You were just having them, and working out which ones were welcome. Nobody wants to be negative. So when we heard certain feelings called negative, or found we were scolded, punished, rejected or neglected when they showed up, we learned to avoid them. When they came again, there was a natural pull to stop them.

This happens in almost every modern culture, and it is the base of what I call domination culture: a culture where some emotional phenomena are welcomed and others are punished, and we are shaped to fit. It starts in families. It carries on in schools, churches and other institutions, and later in society and the workplace. So we grow up rejecting everything in the negative pile and trying to bypass it. Much of the modern capitalist world sells us ways to do exactly that.

Emotions as mirrors

One of the most useful ways to work with an emotion is to treat it as a mirror for the story you are telling about a situation.

If anger arrives during a conversation, it may be reflecting a belief underneath: *I am not respected.* Or an older wound the present moment has brushed against. Once you start looking, you begin to see how thoroughly these stories have been coloring what you see.

This shifts you from reaction to revelation. The feeling stops being a problem and becomes a teacher, pointing at a belief that is ready to be questioned. In daily life the sequence is simple: notice the feeling, trace the story, then gently ask whether the story is actually true.

Emotions as the ground thoughts grow from

David Hawkins, in *Letting Go*, made a claim worth sitting with: “The mind, with its thoughts, is driven by feelings. Each feeling is the cumulative derivative of many thousands of thoughts.” Thoughts build the feeling, and once it is there, it drives the thoughts that follow.

Shame generates thoughts that sound like shame. Fear generates thoughts that sound like fear. Acceptance and joy generate a different quality of thinking altogether, more spacious and more creative. You cannot think your way out of an emotional state, because the state is writing the thoughts.

This is why we start with the body. Change the felt state and the thinking reorganizes on its own.

The quickest way through

The fastest route out of a reactive state is to drop beneath the story, past the thoughts, into the physical sensation itself.

Emotions are never abstract. They live somewhere: tightness across the chest, heat in the belly, a flutter at the throat. When you witness the sensation without labeling or resisting it, it moves and disperses the way it was always going to. Presence prevents the build-up that otherwise accumulates as residue. What is left is a fully lived experience. Responsive rather than reactive.

Rejecting emotions is like being mad at the oil light in your car. The light means the car needs oil. Instead we say, *this damn light is on again, how can I ignore it? I don't want to see it.*

CHAPTER TWO

Why presence comes first

Now is the time to reverse all of that. Look at what is physically happening during an emotional wave, as plainly as you can, and say, quite honestly: *so what*?

Think about someone who goes to the gym or does yoga. They feel shaking, tension, sweat, heat, and a mind that resists. They sign up for it and go several times a week. That is not far from what happens in anger or frustration. The difference is that one happens at a time and place we chose. We can't choose when something will make us angry, or when an old event brings anger back up. So we pay for one and avoid the other. There is a lot of absurdity in that, but it is how it is. If we see emotional waves as just as valuable as a regular physical practice, we start to see opportunity everywhere, and we take it when it comes.

Emotions generate the thoughts and reactions that loop through our day. By staying with the bodily feeling, the energy itself, rather than engaging the mental narrative, we allow the emotion to run its course naturally. This dissolves contraction, prevents emotional backlog, and opens space for a more alive, less reactive experience of life.

If you jump straight to doing something with the emotion, venting or analyzing, you risk reinforcing the story or suppressing it further. Presence softens the grip. The sensation often begins to shift, flow or dissolve on its own. Once that happens, even partially, expression becomes a powerful amplifier for release, helping the energy move through rather than get stuck.

> **Witness first, allow flow, then express to complete the wave.**

Skip the witnessing and go straight to expression, and very often you reinforce the story, you discharge only the surface layer, and the emotion comes back stronger later.

An emotion arriving is the body saying, *hey, do you have time for me for a moment?*

What fully present really means

Being fully present with an emotion is a somatic, embodied skill. It is mindfulness turned inward to the body. It means:

- **Dropping the label and the story.** Notice if your mind starts narrating, *this is because of X, I should not feel this*. Speak gently to your mind and remind it that it will have its place once the true feeling is done. Then return to the raw sensation.
- **Staying with the physical reality.** Where it lives. Chest? Throat? Belly? Its quality: sharp, dense, moving? Its texture: hot, cold, tingling? How it changes with breath or attention. Whether it expands, contracts, shifts location, or intensifies then fades. Whether there are numb places, or areas that feel disconnected.
- **Non-resistance and non-grasping.** Do not push it away, since resistance fuels it. Do not cling to it, since grasping prolongs it. Simply allow it to exist, like watching clouds pass. The blue sky and the sun are behind the clouds whether or not we can see them. Bring softness. Remind yourself that it's okay, that this is just a physical wave, like a passing storm. Give it your full attention.
- **Breath as anchor.** Slow, conscious breathing keeps you grounded. If overwhelm arises, widen your attention to include your feet on the floor or your hands on your body.
- **Tolerance for discomfort.** Emotions can feel intense at first. Presence builds capacity over time.

Presence alone often leads to spontaneous release. Many people discover that if they really give it time, a large part of the emotion releases itself, and very little else is needed.

Done like this, five to ten minutes is usually all it needs. You may need those few minutes a few times a day, depending on what set the emotion off. Something stronger, like grief, can take days or weeks.

Learning to say *so what* when an emotion rises, and sitting down to be present with it, is the first real tool of emotional intelligence. After that we uncover the stories and beliefs driving the emotion. But first we have to get really comfortable with the body having some things to do.

CHAPTER THREE

Meeting the hidden parts

When we allow emotions to surface, we soon arrive at the places where those emotions hide their deeper roots: the shadow.

Deep inner work has a way of shining light into the corners we have kept dark. The parts of ourselves we have judged, rejected, or buried because they felt unacceptable. These shadow aspects might show up as shame, rage, envy, unworthiness, fear of abandonment, or even the belief that we are too much, or not enough.

They do not come up to punish us. They come up to be seen, held, and eventually integrated. When we meet the shadow with compassion instead of condemnation, it stops running the show from behind the scenes and starts becoming part of our wholeness.

What shadow work really is, and is not

Shadow work is simply turning toward the parts of ourselves we have disowned and offering them presence, understanding and love.

It is not about analyzing every dark thought, forcing forgiveness, or fixing yourself. It is about relationship within, and building a kinder, more honest dialogue with the hidden self.

Compassion over judgment

The shadow thrives on secrecy and shame. The moment you meet it with curiosity and kindness, "*I see you, and thank you for trying to protect me*," its power begins to soften.

Lower emotions, fear and anger and shame, lose their grip when met with acceptance rather than resistance. Presence with the physical sensations remains the doorway. Shadow work is what happens when you stay long enough to hear what the sensation is protecting.

Some shadow parts need many meetings over weeks or months. If the same feeling or pattern keeps returning, that is normal. Each meeting deepens the relationship.

CHAPTER FOUR

Forgiveness, for giving

Resentment and hatred are like drinking poison and expecting the other person to suffer. They keep us tethered to the past, replaying old stories, contracting our energy.

Looking inward often shows us where we have been too hard on ourselves, in self-judgment, shame, and *I should have known better*. It shows us who we are still holding resentment toward: parents, ex-partners, institutions, life itself. And it shows us how these unresolved feelings create patterns that block our growth.

Forgiveness is not about condoning harm or getting over it quickly. It is about releasing the weight you have been carrying, so you can move forward with more freedom. It does not mean the harm was okay. It means you are choosing to free yourself from carrying it forward.

> Forgiveness is *for giving*. Giving freedom to yourself, and giving love and compassion toward yourself, or another, for whatever circumstances may have been the background for why they acted in a way that felt harmful.

If forgiveness feels impossible right now, that is okay. Some wounds need more time. Even being willing to be willing is a small opening, and small openings create movement. Forgiveness is a process, not a one-time event.

Some hurts are too deep to simply forgive. Sometimes the work is acknowledging the pain and setting it down, without needing to forgive the person. **You can choose freedom without giving absolution.**

The gift inside the feeling

Every challenging emotion or experience carries a hidden teaching. Looking for it does not minimize the pain. It honors it, by asking: *what did this make possible*?

Anger can teach you that you have boundaries and deserve respect. Grief can show you how deeply you can love. Fear can reveal what truly matters to you.

This is not spiritual bypassing, the *just be grateful* move. You are not skipping the pain. You are metabolizing it fully and letting it transform, until the feeling becomes a messenger rather than an enemy.

CHAPTER FIVE

From emotions to beliefs

Once you learn to stay present with emotions, something important starts to happen. You are no longer just feeling them. You begin to see the patterns underneath.

The same feelings keep showing up in similar situations. The same triggers keep activating the same responses. This is not coincidence. This is your inner architecture becoming visible.

The question shifts from *what am I feeling?* to *what am I believing that creates these feelings?* Emotions pass, but beliefs create your reality. Change the belief and you change everything downstream from it.

Why beliefs matter more than you think

Underneath our emotions sit the core beliefs we have been carrying, often since childhood, that shape how we see ourselves, others, and the world. These beliefs operate like invisible software running in the background, automatically interpreting everything that happens to us.

> **Belief + Stored Emotions → Thought → Behavior → Result**

Take a common one. The belief is *"I'm not enough."* Underneath it sits unprocessed shame, which you may only feel as anxiety. The thought that surfaces is *"they probably don't want to hear from me."* The behavior that follows is to avoid reaching out and stay isolated. The result is loneliness, which then confirms the belief. The loop closes on itself.

Your beliefs are not facts. They are stories. And stories can be rewritten.

Common beliefs

Every life is unique, but certain core limiting beliefs show up again and again. See if any of these sound familiar.

- *"I'm not enough"* or *"I'm too much"*
- *"I'm unlovable, unworthy of love"*
- *"I have to be perfect to be accepted"*
- *"It's not safe to be seen, to express myself"*
- *"I'm responsible for everyone else's feelings"*
- *"I don't deserve good things"*
- *"I'm broken, damaged, fundamentally flawed"*
- *"People will leave me if they really know me"*

- *"I can't trust myself or my instincts"*
- *"The world is unsafe, people can't be trusted"*

These are not abstract ideas. They live in your body. They shape every decision you make.

Most of us carry three to five that are primary, and they cluster. *"I'm not enough"* and *"I have to be perfect"* usually travel together.

How emotions point to beliefs

When you stay present with an emotion and track its physical sensation, you are following a breadcrumb trail back to the source. The trail runs from the trigger, to the feeling in the body, to the thought that came with the feeling, to what that thought would mean about you if it were true. That last step is often the belief.

Here is how it looks. The trigger is a friend not texting back. The body registers tightness in the chest and a pit in the stomach. The thought arrives: *"they're upset with me,"* or *"I said something wrong."* And underneath it sits the belief: *"I'm not likable,"* or *"I always mess up relationships."*

The emotion is just the surface. The belief is what is generating it.

Beliefs feel like identity, which is why looking at them can be uncomfortable. They have been with you for decades and will not release in a week. What matters is that you are beginning to see them, which means they no longer have total power over you.

CHAPTER SIX

The stories we tell ourselves

A core belief does not exist in isolation. It spawns hundreds of micro-stories that reinforce it daily.

These stories are not lies. They are narratives you have constructed to make sense of your experiences. But the story is not the truth. It is just one possible interpretation.

If the belief is *"I'm not enough,"* the stories sound like this. *"They invited everyone but me because I'm boring." "I didn't get the promotion because I'm not as smart as the others." "If I share my real thoughts, people will see how inadequate I am."*

If the belief is *"I'm not safe being authentic,"* they sound like this instead. *"I better agree with them or they'll reject me." "Showing vulnerability is weak and people will take advantage." "Last time I was honest it went badly, so I can't risk it again."*

Each story seems to confirm the belief. That is how the loop stays locked. Your mind cherry-picks evidence that supports the old narrative and dismisses evidence that contradicts it.

The difference between you and your story

You are not your thoughts. You are the awareness that notices thoughts.

This might sound abstract, but most of us have had moments of it: watching our usual mental chatter from a distance, seeing our patterns, beliefs and stories as objects in awareness rather than absolute truths. That perspective is available in ordinary life too. It just takes practice.

Facts and story

Take the friend who did not text back for three days. The fact is neutral: no reply for three days. Everything else is story. *They're mad at me* is an interpretation. *This always happens, people eventually pull away from me* is a generalization. Anxiety, fear of abandonment and shame are the emotions the story generates.

The same fact fits many stories. They are busy. They are going through something hard and need space. They dropped their phone in the toilet. Which is true? You do not know. But your mind automatically chose the first one, because it fits your belief.

The liberation in not knowing

You do not need to know the true story. The willingness to not know is often more freeing than finding certainty.

When you hold your stories lightly, *this might be true, or another story might be true, I don't know for sure*, you step out of the prison of absolute belief. That uncertainty is actually spaciousness. Asking "*well, what else is possible?*" will open the world of magic to you.

The stories we cling to

Some stories are harder to question because they feel like your identity. "*I'm the one who always helps everyone*" feels like virtue. "*I'm damaged from my past*" feels like explanation. "*I'm not like other people*" feels like uniqueness.

If you find yourself defending a story, *but this one really is true*, that is a sign it is worth examining. The stories we cling to hardest are often the ones keeping us most stuck. Be gentle here. These stories served a purpose.

The shadow parts we met earlier are often the narrators of these stories. The *not enough* part tells the *I'm failing* story. The *need to be perfect* part tells the *I can't make mistakes* story. The *unlovable* part tells the *people will leave* story.

CHAPTER SEVEN

Recurring patterns

Patterns are the repetitive situations, relationship dynamics and self-sabotaging behaviors that keep showing up in your life. They are not random. They are the belief and the stories made manifest.

The Andean concept of *pruebas*, meaning tests, is relevant here. Life keeps presenting the same lesson in different forms until you finally learn it. These are not punishments. They are invitations to grow.

Why patterns repeat

Patterns exist because your subconscious mind is trying to resolve something. It creates situations that feel familiar, even when painful, because the known feels safer than the unknown. The pattern is an attempt to:

- Prove the belief right. *See, I told you people leave.*
- Protect you from a deeper fear. *If I stay small, I won't be rejected.*
- Resolve an old wound. *Maybe this time they'll finally see me.*
- Maintain your identity. *This is just who I am.*

The repetition is not failure. It is your psyche saying: *we haven't healed this yet, let's try again.*

Common patterns, and the beliefs that drive them

In relationships. Attracting emotionally unavailable partners: *I am not worthy of full love.* People-pleasing until resentment builds, then withdrawing: *my needs do not matter.* Getting close to someone, then sabotaging it: *people will leave anyway.* Being the helper or rescuer in every relationship: *I am only valuable when useful.*

In work. Starting projects with enthusiasm, then abandoning them: *I will fail anyway.* Overworking to prove your worth: *I am not enough as I am.* Self-sabotaging right before success: *I do not deserve good things.*

With yourself. Negative self-talk after any mistake: *I have to be perfect.* Comparing yourself to others constantly: *everyone else has it figured out.* Numbing with substances, food, or distractions: *I cannot handle my feelings.*

In energy and boundaries. Taking on other people's emotions or problems: *I am responsible for everyone's happiness.* Saying yes when you mean no: *conflict means rejection.* Isolating when vulnerable: *no one can handle the real me.*

The arc of a pattern

Patterns have a predictable shape. There is a setup that draws you in, a role you consistently play, a turning point where it starts to feel bad, and an outcome that usually ends the same way. Underneath it all sits the belief the pattern proves.

Because the arc is predictable, it gives warning. Body signals, thoughts, behaviors and feelings arrive early, a tightness in the chest when someone asks a favor you do not want to do, the thought *it is easier to just do it myself*, saying yes before checking in with yourself. Catch the pattern there and you can choose differently before you are fully in the loop.

Working with shame about patterns

It is common to feel shame when you see how long you have been repeating the same pattern. *How could I not have seen this? Why do I keep doing this?*

Shame will keep the pattern locked. Compassion unlocks it.

The pattern formed when you did not have the resources you have now. It was survival. It was protection. It made sense given what you knew.

Some patterns are deeply entrenched, connected to early trauma, family systems, or survival mechanisms. It is okay to go slower. Breaking lifelong patterns takes time. Seeing them is already half the work.

> Nothing is broken. Just patterned. And patterns can be rewired.

CHAPTER EIGHT

How patterns are rewired

Your brain rewires itself around wherever you place your attention. Every time you think a thought, you make that thought easier to think next time. Think "*I'm not enough*" ten thousand times over thirty years and you have built a road. That belief fires automatically now, without any conscious effort from you. Neuroscientists call this neuroplasticity, the brain's ability to form new neural pathways.

Every time you consciously choose a new thought over an old one, you are laying new road. Do it enough times and the new road becomes the one you take by default. The old belief does not vanish. It loses its automatic power, which is the part that was running your life.

Changing a belief is not about positive thinking or affirmations alone. It is a three-part process.

1. **Dismantle the old belief.** Feel the emotion, trace the story, see the pattern.
2. **Install the new belief**, through repetition, evidence and embodiment.
3. **Practice choosing the new belief in real situations**, again and again.

Seeing through a belief once does not erase decades of conditioning. You need to actively build the alternative. That building is daily, practical work, and it is what the course is for.

If you want to keep going

This book holds the understanding. TripleVision Integration holds the practice: an eight week online course and community that moves from the body into the emotional landscape, the beliefs formed too early to question, the patterns that run underneath a life, and then relationships, purpose, spiritual practice, and a plan for the long term. Forty-four lessons, released a week at a time, with ten weeks of guided support from me and access for life. It costs $250, one payment, with a three week refund window, no questions asked.

Start any time.

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This is guidance for reflection and self-care. It is not medical or psychological advice.