



What to know about the C.O.R.E. Technique

Allowing your awareness to feel down into the core of the most intense part of the **energy** of an emotion is like locating something on a google map and focusing on that location. By diving down into the source location we allow ourselves the opportunity to completely experience it until there's nothing left to feel of that pattern of energy.

This is a technique for coming out of the grip of emotion that we've found.

Did you ever notice how fleeting the sensation of triumph was? That's because we feel the energy of it so thoroughly, there's nothing left to feel. It's this way with most of what we call the 'positive' emotions. We feel them so completely they seem to vanish.

We don't do this with the 'negative' emotions because we don't like feeling their energy as thoroughly, if at all. We tend to feel only as much as we can tolerate. We may feel the emotional feeling but we don't complete the energy at the source of where it is born. So it sticks around waiting to be triggered by some new event.

Sometimes there are multiple 'sites of feelings, or it seems like its bouncing around from location to location. You've felt down into the core of the energy of the feeling at one spot and it seems to be gone but it feels like there's more energy to the emotion, scan your body and find the location of the new field. Pick the most prominent spot and feel down into it the core of it. Keep going until there are no more 'sites.'

Sometimes there can be several layers. Whether there are several layers or just one, when you feel your way down into the core of the most intense part of the energy of the emotion you will eventually find ... nothing.

The nothing that you will become aware of is the nothingness out of which you created the emotion. There can also be the sense of lifting off or letting go of the grip of the emotion. It just dissipates as if it is dis-creating itself.

There can also be a sense of, "Oh, that was just a wave of me. I created that." At this point you are no longer in the grip of the emotion at all. Mastering this ability is a great skill that allows you to quickly come out of the grip of emotion.

It's also important to notice that you may re-visit the same place a number of times. This is not an indication of failure on your part to use the technique; it's a recognition that there are 'multiple entries in the ledger' so to speak with respect to this energy.



C.O.R.E. (Center Of Remaining Energy) How to do it

Close your eyes, it makes the process much easier and then start by noticing that the emotion has an energy to it.

If you allow yourself to, you can feel the energy of the emotion somewhere in your body (in your throat, chest, solar plexus, gut...somewhere).

If you allow yourself to, you'll notice that somewhere in the field of the energy of the emotion, it is more intense in one area than it is elsewhere. Like an epicenter of an earthquake that radiates out. Keep noticing until you locate that epicenter.

Allow yourself to feel into the most intense part of the energy of the feeling.

When you do this one of three things will probably happen. It will get more intense, it will stay the same or it will start to dissipate. In any case, continue feeling right into the center of the energy.

Much like clicking in on a google map to a more and more refined locator on the map. Feel the energy there, click in closer, feel what's there, click in close and continue until there's nothing left to feel of the energy.

The only thing to do now is to check and see if there are any other locations of this kind of energy related to this topic, still hanging out in your body. You can use any number of visualizations to do this. You can notice it like a map with multiple locations almost like seeing ALL the Starbucks on a map. Or you can pretend to put heat sensing goggles on and check to see where the infrared type of signal would show up. Or you can simply use the same provocation (or an even stronger version) to see if you still notice the energy of it anywhere.

If so, just like 'lather, rinse, repeat', keep doing it until there's no repository of this energy pattern.

