



The
ACE

THE ACADEMY
FOR
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EXPANSION

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**EMOTIONAL AWARENESS
& THE POWER OF EMOTION**

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Major Lessons We Will Read, Learn, and Discuss This Month

1. What Is Emotion and Why Does It Matter?
2. We Are Supposed to Have Negative Emotion
3. How to Allow an Emotion
4. Emotion is Fuel for Action
5. How to Pick and Practice an Emotion
6. How Emotions Happen
7. The Skills of Emotion

What Is Emotion and Why Does It Matter?

This month we are going to talk about emotion and why it matters so much. Of all the things we are not taught in school, emotional intelligence is the most tragic missing piece in our education.

EVERY SINGLE
THING WE DO IN
OUR LIVES IS
BECAUSE OF HOW
WE THINK IT WILL
MAKE US FEEL

Every single thing we do in our lives is because of how we think it will make us feel.

Every single thing we don't do in our lives is because of how we think it will make us feel.

Seriously, think about that. Every decision we make, every dream we achieve or let die, and every relationship we nurture or ruin is based on how we want to feel.

Feelings are directive. We naturally avoid any negative emotion because of how it feels. We naturally move towards any positive emotion because of how it feels. We become humans searching out feelings in the night, with no understanding of how they work. We are EMOTIONAL JUNKIES!

This is why we are a species of overpleasure. We overindulge in food, drink, drugs, sex, technology, and even work. We become pleasure and dopamine junkies, chasing our next pleasure high.

This is also the reason why we are limited when it comes to our potential. It has nothing to do with the available opportunity and everything to do with our desire to avoid any discomfort.

A feeling is simply a vibration in your body caused by a thought in your mind.

Do not confuse a feeling with an involuntary sensation. Feelings are caused by what we think and sensations are involuntary bodily reactions.

Hungry, hot, cold, thirsty, sick, and tired are all physical sensations.

Frustrated, angry, lonely, agitated, and bored are all emotions.

EMOTIONS START
IN THE BRAIN AND
TRAVEL TO THE
BODY. SENSATIONS
START IN THE
BODY AND TRAVEL
TO THE BRAIN.

Think about it this way:

Emotions start in the brain and travel to the body. Sensations start in the body and travel to the brain.

Often, I will have students question whether the thought really comes first. They are convinced that the feeling is first. This is never the case. The thought is always first, even though you might not be aware of what you are thinking when you start to feel a certain way.

The only time a feeling comes first is when it is an involuntary sensation, and this is extremely rare.

For example, if someone yells at you, you might immediately feel scared. It might feel involuntary because of the voice being loud. It might even feel as if your body is reacting before you know it. But I promise you, there is a thought causing the reaction, not simply the yelling.

If you knew the person was an actor, they could do the exact same thing, and you would not be upset at all. That's the power of thought.

We Are Supposed to Have Negative Emotion

Read that sentence again.

Why doesn't anyone tell us this?

NEGATIVE
EMOTION MAKES
POSITIVE EMOTION
POSSIBLE

Negative emotion makes positive emotion possible.

Sad makes happy exist.

Hate makes love exist

With only positive emotion, we don't even know we are having positive emotion.

What makes abundance feel so amazing is because we know what scarcity feels like.

Negative emotion lets us know what we don't want, and when we know what we don't want, then we more easily can find out what we do want.

Our experience as humans includes 50% negative emotion. This is normal. So the better we get at processing negative emotion, the more freedom we are going to have. So many of us make negative emotion so much worse than it has to be.

Negative emotion is harmless.

What does that mean when I say that?

So many students come to be wanting to feel better because of how much negative emotion hurts.

But really consider WHY it hurts.

It's not because it is intolerable physically. Even the worst emotion in the world is not that awful physically. Cellular vibration, physiological changes in the cells.

Imagine there was a way for me to inject you with an emotion for 60 seconds. I would warn you that humiliation is going to be vibrating in your body. You could handle it, no problem. You will feel flushed in your face. You will feel a quickening in your heart and sweat in your pores.

WE CREATE SUFFERING
BY RESISTING OUR
EMOTIONS. WE MAKE
THEM WORSE.

This is not the end of the world.

But we create suffering by resisting our emotions.
We make them worse.

Think about reacting to emotion and compounding it by freaking out. When you push against the emotion and dramatize it, you create suffering.

Emotions are a human requirement. Suffering is always optional.

One of my teachers taught me that when we fear and resist negative emotion, we suffer; when we have compassion and allow it, we grow and thrive.

In summary:

1. Negative emotion is part of the human experience.
2. When you allow it, you have authority over it.
3. When you resist it, you suffer.

How to Allow an Emotion

Allowing is a skill you must learn and practice.

It's not the same as reacting to an emotion.

It's not the same as resisting.

It's not the same as pretending it's not there.

Let's say you are feeling angry.

When you allow the feeling of anger without resisting, reacting or avoiding, you will notice it by observing it with compassion.

The easiest way to do this is to describe the emotion in detail. I like to write it down.

What am I feeling?

Where is it in my body?

How do I know I am feeling it vs. another emotion?

What is specific about this one?

Then, instead of trying to get rid of it, I breathe it in.

I allow it by opening my heart up to it.

I move towards it.

I know I can handle the emotion. It's just a vibration in my body.

Often, I will feel my body wanting to tighten up against it. That's ok. I just release it.

I let the emotion be heavy or buzz or vibrate or agitate. Whatever the emotion needs to do in my body, I allow without suffering.

AS SOON AS I AM
OBSERVING AND
DESCRIBING THE
EMOTION, I FEEL
MYSELF SOFTEN. I
ACCEPT IT WITHOUT
JUDGMENT AND
NOTICE.

Have you even been SCUBA diving? Before you enter the water, you put on the BCD and air tanks. They can weigh 50+ pounds. As soon as you enter the water, all that weight just *disappears*

As soon as I am observing and describing the emotion, I feel myself lighten. I accept it without judgment and notice.

This skill is one of the most important you will ever learn

Once you are good at it, it can completely change your relationship with yourself and all the people you come in contact with because you won't be reactive, but rather the compassionate observer..

Emotional Avoidance (Dream Stealing)

When you avoid emotions, you cut yourself off from yourself. This is the opposite of growth and evolving. This will cause you to stagnate and buffer.

You will recognize that you are avoiding emotion because you are afraid you will feel out of control. You will find yourself procrastinating and using external things to distract you from what is going on internally.

What are you unwilling to feel?

Do you know the emotions that you are most likely to avoid? Think about it right now. Be very aware of how you manipulate yourself in order not to feel any sort of discomfort.

This requires you to pay very close attention to your body and to CONSISTENTLY ask yourself: What am I feeling right now?

Emotion is Fuel for Action

Think about the Model.

Emotions drive every action we take. Think about this like a car. Good fuel makes the car run well. No fuel stops the car.

WE CAN LEARN HOW
TO GENERATE
EMOTION AS WE
NEED IT AND TAKE
FULL RESPONSIBILITY
FOR ALL THE
EMOTIONS THAT WE
ARE PRESENTED WITH.

Same with us.

Where do we get fuel?

Think about this.

Most of us do it very haphazardly. We wait and see what comes along. We wait for inspiration, motivation, and excitement to come upon us before we get to work.

With our cars, we go and get fuel. We are even willing to pay for it. We make sure it is high quality and we have plenty of it.

We need to take the same responsibility for the emotional fuel we use for our lives.

This is the work we will do all this month. We can learn how to generate emotion as we need it and take full responsibility for all the emotions that we are presented with.

We will learn to embrace discomfort.

We will decide what we want to feel and then feel it on purpose.

Often, we are choosing emotion that doesn't serve us without even realizing it. I call this indulgent emotion.

THIN OF EMOTIONS
AS INGREDIENTS FOR
RESULTS.

The most common indulgent emotions are confusion, overwhelm, emotional exhaustion, worry, and boredom.

As far as I have been able to tell, none of these emotions have any upside. They simply prevent us from moving forward. It's like putting Coke in the gas tank of your car. It feels like you have filled it up, but you haven't filled it with anything useful.

It's very important that you make an effort to eliminate these emotions from your life whenever possible. They are bad habits that keep the brain busy but not productive.

Spend some time thinking about the following questions:

What are the most useful emotions?

What are the most debilitating emotions?

What are your most indulgent emotions?

Think of emotions as ingredients for results.

Look at a result you created in your life that you love. What emotions created it?

How to Pick and Practice an Emotion

Let's imagine that all feelings are available to you at all times. You get to use them as tools to create whatever it is you want in your life. One of the best skills you can develop is feeling on purpose.

WHEN YOU LEARN
HOW TO FEEL
EMOTIONS AS A
SKILL, THEN YOU
CAN USE THEM AS
TOOLS TO CREATE
WHATEVER IT IS
YOU WANT IN
YOUR LIFE

So how do you learn to feel happy?

How do you learn to feel excited?

How do you learn to feel disciplined?

When you learn how to feel emotions as a skill, then you can use them as tools to create whatever it is you want in your life.

The way we learn to feel is by calling on the thoughts we believe that create these emotions. Much like an actor.

We can feel our way towards our goals.

We need to feel certain, confident, and committed when we are planning.

We need to feel disciplined, energized, and competent when we are taking action.

Think of it as currency that you can draw upon in order to get what you need. You have these emotions available, why not use them?

1. What does this emotion feel like?
2. What do I need to think?
3. How can I commit to feeling this way today?
4. How will I act when I feel this way?
5. How can I get back on track if I notice I am not using/generating this emotion?

Start with one emotion and practice it all day.

Feel excited.

Look for things to be excited about.

Think exciting thoughts.

Act excited.

Create exciting things.

Stay committed to the emotion.

When you make a commitment to the emotion, you do not waver. You don't let your mind go to other thoughts and feelings.

My favorite emotions to create goals are: disciplined, certain, committed, interested, and strong.

These feelings are the ones I want to get better at feeling on purpose. I practice these like they are the parts in my movie.

How do I think?

How do I act?

What do I look like?

What do I say?

Whenever I feel doubt or worry sneak in, I immediately shift and start practicing one of the above emotions.

How Emotions Happen

Emotions are always created by thought, but it's not always conscious thought, and certainly not always deliberate thought.

Here are the three ways emotions “happen”:

1. Emotion presents without your cognitive awareness. You don't know the thought causing it or the reason you are feeling this way. You are blaming a circumstance.
2. Emotion presents and you know the thought (reason), but the thought is not deliberate. You may be resisting the emotion or allowing it.
3. Emotion presents because of a deliberate thought creating an emotion. This may be an indulgent thought creating a negative emotion, or a deliberate thought creating a wanted emotion.

The Skills of Emotion

1. Willingness and Allowing all Emotion

- Embracing discomfort
- Eliminating avoidance behaviors
- Not needing escape
- Courage towards any emotion
- Understanding emotions as harmless
- Allowing is not reacting
- Feeling is not displaying

2. Creating Wanted and Needed Emotion

- Deliberate thought
- Momentum through action
- Practicing and rehearsing
- Believing and commitment
- The Platter

Monthly Assignment

This month you are going to become much more aware of what you are feeling and much more skilled at creating the emotions you want to feel and fuel your life.

My goal this month is for you to shift from avoiding, reacting, or suffering because of your emotions, to creating and allowing emotion.

I have created a daily exercise for you that requires you to pay attention and stay deliberate in your work.

I recognize that this process is repetitive and therefore easy to dismiss as tedious. ***Do not give in to this fallacy.***

I want you to repeat something that will increase awareness and deliberateness, and this exercise is designed to do exactly that.

You can do this exercise at any point in the day; just make sure you do it once a day.

In summary, here is what I want you to be constantly thinking through:

What am I feeling right now? (Awareness)

What does this feeling feel like specifically? (Observer)

What do I want to feel right now? (Being deliberate)

How can I practice this feeling?

We will do a thought download and answer these questions at least once a day.

What feeling do you choose and need today?

Able	Authentic	Committed	Efficient	Fulfilled
Absolved	Awake	Compassionate	Elated	Gentle
Abundant	Aware	Complete	Elegant	Genuine
Acceptable	Awesome	Composed	Elevated	Gifted
Accepted	Balanced	Comprehending	Emancipated	Glowing
Accepting	Beautiful	Confident	Empowered	Good
Accomplished	Believing	Congruent	Encouraged	Graceful
Accountable	Blessed	Connected	Energetic	Gracious
Achieving	Blissful	Conscious	Energized	Gratified
Active	Bonded	Constant	Enthusiastic	Grounded
Adaptable	Brave	Content	Euphoric	Growing
Adequate	Bright	Cooperative	Exceptional	Guarded
Admirable	Brilliant	Courageous	Excited	Happy
Admired	Calm	Credible	Exhilarated	Harmonious
Adored	Capable	Daring	Experienced	Healed
Affluent	Captivated	Decisive	Expressive	Helpful
Agreeable	Cared For	Defended	Exuberant	Heroic
Alert	Carefree	Delighted	Faithful	High
Ambitious	Careful	Dependable	Fantastic	Honest
Amused	Caring	Desirable	Favored	Honorable
Appreciated	Cautious	Dignified	Firm	Honored
Appreciative	Centered	Discerning	Flexible	Hopeful
Approved	Certain	Disciplined	Flowing	Humble
Approving	Cheerful	Distinguished	Focused	Humorous
Assertive	Cherished	Dutiful	Forceful	Important
Assured	Clean	Dynamic	Forgiven	In Control
At Ease	Clear	Eager	Fortified	Included
Attached	Collected	Easy Going	Fortunate	Independent
Attentive	Comfortable	Ecstatic	Free	Infatuated
Attractive	Comforted	Edified	Friendly	Influential

Innocent	Observant	Quiet	Simple	Upheld
Inspired	Open	Radiant	Skillful	Valiant
Intelligent	Open Hearted	Rational	Smooth	Valuable
Interested	Organized	Reasonable	Soothed	Valued
Invigorated	Pacified	Reassured	Spirited	Virile
Invincible	Pampered	Receptive	Splendid	Vital
Invited	Pardoned	Recognized	Stable	Warm
Jovial	Passionate	Redeemed	Steadfast	Wealthy
Joyful	Patient	Regenerated	Strengthened	Willing
Jubilant	Peaceful	Relaxed	Strong	Wise
Judicious	Perfect	Reliable	Successful	Wonderful
Kind	Persevering	Relieved	Supported	Worthwhile
Learning	Pleasant	Remembered	Sustained	Worthy
Liberated	Pleased	Replenished	Tactful	Yielding
Light	Popular	Resolute	Teachable	Zealous
Lighthearted	Positive	Respected	Temperate	
Loose	Powerful	Respectful	Tenacious	
Loved	Praised	Responsive	Tender	
Loyal	Precious	Restored	Thankful	
Lucky	Prepared	Revitalized	Thoughtful	
Magnetic	Present	Rewarded	Thrilled	
Marvelous	Productive	Rooted	Tolerant	
Masterful	Proficient	Satisfied	Tranquil	
Mature	Progressive	Secure	Triumphant	
Meek	Prosperous	Selfless	Trusting	
Merciful	Protected	Self-Reliant	Understanding	
Methodical	Prudent	Sensational	Understood	
Mindful	Punctual	Sensible	Undisturbed	
Modest	Purified	Sensitive	Unhurried	
Motivated	Purposeful	Serene	Unique	
Neat	Qualified	Settled	United	
Noble	Quick	Sharing	Unselfish	

Thought Download Day 1

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 2

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 3

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 4

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 5

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 6

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 7

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 8

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 9

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 10

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 11

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 12

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 13

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 14

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 15

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 16

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 17

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 18

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 19

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 20

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 21

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 22

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 23

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 24

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 25

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 26

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 27

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 28

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?

Thought Download Day 29

1. What was your dominant feeling yesterday?

2. Why? (Remember to attribute to thoughts not circumstances)

3. What is one thing you want to accomplish today?

4. What emotion do you want to fuel this action/result?

5. How can you generate this emotion for yourself today?



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RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH