



THE ALIGNED MAN

**WEEK 1**

THE FELT SENSE



**Sexual Mastery NYC**

# The Felt Sense

The felt sense is a practice designed to create awareness and connection to the sensations in the body while stripping these sensations of emotional labels and the stories we would normally attach to them.

This is important because our stories can perpetuate the experiences we are already currently having - continuing to keep us lock in our programs and patterns. The felt sense is a way to start feeling different and gaining emotional control.

Second, the emotional brain (the limbic brain) is where you feel sensations and emotions. This part of the brain is not the same area where we know how to communicate in language. It's one of the reason, so often, that we feel we don't know why we feel what we feel or we can't put what we feel into words. The connection between these two areas of the brain, the feeling and communicating, is not very strong. It is strengthened through practice. Just like naturally having muscle fibers that you can strengthen or enlarge - the connection between these two "brains" is the same.

This is the first step in being able to emotionally regulate and to be able to consciously regulate your nervous system and integrate powerfully into your masculine energy.

# The Felt Sense

In the beginning this can feel very unclear - "Why am I doing this? What does this have to do with anything?" It can feel very simple or like it doesn't matter much. But, this practice is one of the foundations of the more complicated work we will be doing later. If you don't practice it, if you avoid it, don't value it or resist doing it - you won't be able to integrate the more complex practices that you will receive later in the course. I invite you to do this practice with consciousness. To choose to practice powerfully, no matter how resistant, silly or unclear it may seem at first.

Remember from the lecture the 3 key components to emotional regulation:

- Connecting back to feeling (we are doing this with the felt sense practice)
- Understanding what you feel
- Working with what you feel

Let's get into how to complete this practice.

# The Felt Sense

You are going to choose an emotion that feels alive in you now. It can be absolutely any emotion. Just feel into your body and notice what emotion is alive for you currently and then answer the following questions thoroughly:

What emotion feels alive in you now?

Where does this emotion live in your body? What location or locations do you feel the sensation of this emotion?

What does it feel like it's made out of? Is it solid, liquid or gas/energy? What can you compare it to in physical reality? Wood, metal, electricity, soda bubbles, ect..?

Does this sensation move or is it stagnant? If it moves, how is it moving? Is it chaotic? Is it moving in a specific direction? Does it start small and get bigger?

What does it weigh? Is it heavy or light?

What temperature is the sensation? Is it neutral, warmer than neutral, cooler than neutral, hot or cold?

Does it have a color?

# The Felt Sense

Now that you have fully connected with this sensation, close your eyes and feel it. Allow yourself to witness and observe it. Don't try to change it or do anything with it. Simply observe it. Notice what happens to the sensation when you bring your full presence to it. Does it change in any way?

You will complete this felt sense practice once every day this week.

# The Felt Sense Example

What emotion feels alive in you now?

Anxiety

Where does this emotion live in your body? What location or locations do you feel the sensation of this emotion?

I feel it in my solar plexus and in my upper throat.

What does it feel like it's made out of? Is it solid, liquid or gas/energy? What can you compare it to in physical reality? Wood, metal, electricity, soda bubbles, ect..?

In my solar plexus, it feels like a churning energy, like the inside of a blacksmith's forge. In my throat it feels like there something squishy and wet stuck there - like a mix between flem and rubber. It's oblong and about the size of my thumb.

Does this sensation move or is it stagnant? If it moves, how is it moving? Is it chaotic? Is it moving in a specific direction? Does it start small and get bigger?

The sensation in my solar plexus is churning in a cycle, from the back to the front. It's a little chaotic in the way of fanning flames and seeing coal churn about. The tips of the flames reach up and burn where my heart is. The sensation in my throat is stagnant. It feels like it's stuck there.

# The Felt Sense Example

What does it weigh? Is it heavy or light?

The sensation in my solar plexus feels just like a forge. I can feel the heaviness of the metal surrounding the fire. I can feel the chunks of coal and I can also feel the lightness of the fire. It's on the heavier side but it doesn't feel like it's weighing me down. The sensation in my throat is not heavy, but I can feel it there. It's a substance with weight, but it's not heavy.

What temperature is the sensation? Is it neutral, warmer than neutral, cooler than neutral, hot or cold?

The solar plexus is **HOT**, burning **HOT**. It feels like it's totally eating away and burning away my insides. The sensation in my throat feels a tiny bit warmer than neutral. Just enough to notice that it's there.

Does it have a color?

The sensation in my solar plexus is bright red, orange and black. The sensation in my throat is kind of like a dull grey/green color.