

Go To Neutral



Negative judgments keep stress hormones flowing. Often we aren't aware of how much we are judging, because often we don't speak our judgments out loud. Yet, judgments take place at the feeling level. Negative feelings of judgment, especially when constantly replayed internally, sap vitality. Even after we decide to let go of a judgment or a negative feeling, we don't realize the amount of stress hormones we have already produced in our body.

Finding a neutral place in the heart can help us in letting go of negative feelings. Using the *Go To Neutral* tool will help you stop from jumping headlong into memories, judgments, projections, and assumptions that can cascade into anger or negative emotion. This tool will help you to move away from these thought and feeling patterns and reestablish balance.

Focusing on your breath in this specific way allows you to step back and pause from your racing mind and emotionally charged feelings long enough to consider other options: Do you want to increase the negative feelings that produce stress hormones and drain your system? Can you remember the last time you let anger, frustration, or sadness run its course and how miserable you felt? Use the Go To Neutral tool to help you find neutrality fast by engaging the biochemical power of the heart.

Go To Neutral Tool

1. Take time out so you can temporarily disengage from your thoughts and feelings, especially stressful ones. When emotional triggers come up, recognize you are triggered. As soon as you feel the trigger (the strong emotion), tell yourself "time out!" and step back from the reaction.
2. Shift your focus to your heart area. Now, feel your breath coming in through your heart and going out through your solar plexus (see picture for the location of the solar plexus). Practice breathing this way a few times first, so you can eventually ease into a time out in the heart.
3. Tell yourself "go to neutral," and don't analyze your thoughts or feelings about the issue. Simply notice the neutrality of your heart area until your emotions ease up and your perception relaxes.



It takes practice, but you can become adept at using this skill. You can practice by picking an emotionally charged situation (try small ones at first), and using this tool. You can even recall a past situation that brings up strong emotions or thoughts, and practice that way.

Neutral is a place where you have more options. In neutral, you don't have to buy into an old memory, projection, or assumption. By practicing Go To Neutral, you get to a point where you can choose not to react. It returns control of your state of mind to you, and insights you might have already had become available to you once again.