



The following pages were excerpted from Hozuhni's full length book, *Enlightenment Dance, Dancing Your Way to Eternal Bliss!* The 147 page, full color PDF version is now available on CD for PC and Macintosh, also available in paperback.

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## **SENSATIONS & FEELING & EMOTIONS**

### *Transmuting Sensations & Feelings by Dancing your Emotions*



**SENSATION** (sèn-sâ'shen) noun: (*body*)

1.a. *A perception associated with stimulation of a sense organ or with a specific body condition: the sensation of heat; a visual sensation.*

b. *The faculty to feel or perceive; physical sensibility.*

c. *An indefinite, generalized body feeling: a sensation of lightness.*

2. *A state of heightened interest or emotion: "The anticipation produced in me a sensation somewhat between bliss and fear" (James Weldon Johnson).\**

**FEELING** (feeling) noun: (*mind*)

*An awareness or impression. A general impression conveyed by a person, place, or thing. a. Appreciative regard or understanding. b. Intuitive awareness or aptitude; a feel.*

**EMOTION** (i-mo'shen) noun: (*spirit*)

1. *An intense mental state that arises subjectively rather than through conscious effort and is often accompanied by physiological changes; a strong feeling: the emotions of joy, sorrow, reverence, hate, and love.*

2. *A state of mental agitation or disturbance.*

3. *The part of the consciousness that involves feeling; sensibility.*

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\* Bliss and fear are emotions. The tingling they can both produce is a sensation. Excitement is an emotion. The physical rush it produces is a sensation.

Sensation, feeling, and emotion correspond to the body, mind and soul. I like to compare this to the spiritual trilogy of the father, the son and the Holy Spirit which can be experienced in the body; not just as a mental belief.

You can train your body to be sensitive to the different energies that circulate in your life, assimilating what is desirable and dissipating what is not, by dancing or moving with **awareness**. It is an inner sense of connectedness with sensations, feelings, and emotions.

For each emotion we experience, a sensation and a feeling preceded it. For example, you meet a person and you have a “feeling” that you know her. Then you have the “sensation” of familiarity and comfort, or nostalgia, recalled by memories of the two of you together in elementary school. You hug your friend, expressing your “emotion” of love, and happiness to see her.

Sensations, feelings and emotions interplay constantly in dance, as in life. It is by bringing awareness to this process that we can learn to transmute negative emotions into blissful ones. Our emotions touch others, just as we are touched by other’s emotions throughout our lives.

From our very earliest days, emotions are a vital part of our experience of reality. When you understand this process and allow yourself to be aware of the intersection between sensations, feelings and emotions, you access a creative healing power. As each one of us heals emotionally from our past, we free ourselves to feel joy and unconditional love. This can happen through dance. By dancing our emotions, we get in touch with who we truly are. We resonate with and reflect our humanity and our soul becomes visible to the audience.

Dance, like dreaming, unveils many levels of our subconscious, and our universal essence. When we dance with this perspective, we can transcend fears, sadness or anger and be transported -- through the experience of the sensations, feelings, and emotions -- to a more vivid and aware state. We can thus truly integrate body, mind, and spirit in an adventurous transformation towards enlightenment.

Note: these terms are interchangeable. A sensation is physical, like pain, or a tickle, or tingling... but you can also “sense” something, like a sixth “sense,” or like the definition of “feeling;” e.g., “I get a feeling there is something wrong here,” is synonymous with “I sense something is wrong here,” or

“I get the feeling (or I sense) you are upset with me.” But “feeling” can also be synonymous with “emotion,” like “you hurt my feelings!” “I’m feeling sad,” or it can be a sensation, too, like “I don’t feel well, I feel sick... I feel dizzy... I feel tired.” Often the thought (mental) “I feel like something is wrong” is hard to distinguish from the underlying feeling/emotion (spirit) of fear, because the physical, underlying sensations that define fear (rapid heartbeat, heart in throat, stomach flutter) happen almost simultaneously/instantaneously with the thought and the emotion.

Regardless of the terms used, it is important to embrace rather than avoid feelings (emotions); they come to heal the traumas of your life. Emotions need to be fully experienced, to flow through the body and be released. Just as we express and release happy emotions, we need to learn to experience and let go of the sad ones. Nobody laughs about a joke continuously for years. Why then do we tend to hold on to fear, sadness and anger? Emotions, if not felt freely, are bottled up, but they never really go away – they fester until they resurface, worse than before. Let them go, just like the last joke!

There are times in our lives that we experience a lot of problems and pain. It seems that life is constantly playing emotional roller coaster with us! So, after we fall, we must learn how to get up again. I feel pain because I am going through a divorce. The pain seems to grow if I feed it with victimized feelings such as *“poor me, how come this happened to me? I am so lost now, what to do? I am so sad and upset because of this and that..”*

Instead, I focus on the present moment and on finding out ways to transmute my feelings. Just by not taking things too seriously and by focusing on the benefits of starting a new single life, I feel better. I release my pain, by thinking about how can I make the most of this situation, and how I can bring my attention to the present moment. So, even though I feel like crawling into a hole, I force myself to stand up by initially “faking it” with a striking idea. For example, one thing I found that works for me is to use red lipstick and high-heels! They are wonderful for raising my self-esteem by improving my body posture and making me feel more attractive. As I receive more attention, I intend to use this attention as a healing mechanism to switch my “depressed” mode into an “uplifted” one. I find out that the “sad” feeling is lost like the last joke I laughed about and forgot.

Of course this process of reversing emotions is not always easy. We are surrounded by people who unconsciously support our neuroses and pains. It seems that our unhappiness is almost encouraged, if

only because it resonates with the weaknesses of so many others. So many seem to have lost their essence and to have become out of touch with their true Self.

Who are we? What are we here for? If you stop and close your eyes for a moment you can remember that you are not here to be unhappy. You must find happiness within yourself, apart from any circumstance and any person in this world. To be in the moment is one key. Another is to learn to play, to open up the mind for creativity, and not take the problems that appear in our lives too seriously.

Most of our “problems” are illusory. We don’t realize how we create them unwittingly. Even with tragic life episodes such as sickness and death, I suggest trying to find peace by tuning into the moment, in the breath. Let the feeling of sorrow come and go, like everything else. It might take days or weeks, but the best strategy is to continually release it, instead of just accepting, indulging and feeding the sorrow. Ultimately, the best choice is happiness. If you are happy you are contributing to a better world. It is as if we are all part of a big engine, with some broken parts. If you “fix yourself,” you will be one less broken piece in the universe. So, please help us all by helping yourself!

Now let's learn how to do an emotional release exercise through dance.

## **EMOTIONAL RELEASE DANCE EXERCISE**

Dance can be emotionally healing when we allow painful feelings that arise to be felt and accepted with love and patience. This can become quite creative by fully expressing these feelings exactly how they “want” to come through and be released.

- ☯ Choose a song or music that you love and that touches you deeply.
- ☯ Acknowledge any memories that arise of painful events or old wounds. Pay particular attention to how your body feels as you recall the episode.
- ☯ Trust your body. Move limbs freely and intuitively.
- ☯ Breathe with your movements: inhale with each expansion, exhale with each contraction.
- ☯ Recall as much detail of the remembered incident as possible.
- ☯ Feel your emotions and “gut” feelings as you felt them in the past, and now, in reaction to this exercise; dance them.
- ☯ Your memory will bring insights and desires.\* For example, a new idea can come to mind of something that you have never thought about, or a wish can pop up and ignite your passion.



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\* "Insight" is the ability to look at a situation and apprehend what is happening from the information available.

- ☯ Follow these intuitive changes. When you have a desire to correct something, or if there is something you wish you could have said or asked, do so in your imagination.
- ☯ Keep dancing... keep breathing. Give your emotions expression: cry your tears, shout or stomp your anger, curl up around your pain and surrender it. It is only by thus accepting and releasing these emotions that you can transmute them. In other words, give them free reign to express themselves fully and completely, and experience their full force. It may sound paradoxical, but completely feeling these negative states is the first step to transcending them.
- ☯ Dance with your whole body: elbows, hands, shoulders, hips, legs, feet, spine, neck. Move the energy throughout your body.
- ☯ Move in different directions, shifting your weight and direction.
- ☯ Move your eyes from right to left, back and forth, slow and fast - as in REM (rapid eye movement) sleep. This shifts the energy from one brain hemisphere to the other, in order to process the emotions on all levels in all brainwave\* patterns.
- ☯ Stay with this process, dancing and reliving the memory over and over from beginning to end, like a movie, until you feel all the feelings, imagine all the alternative “happy endings,” and “rewrite” the memory completely through the healing images that come up naturally.
- ☯ When you have reached a final healing image (have a feeling of finality), imagine

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\* Brain waves are an electrical representation of neural synaptic activity. They can indicate the regions of the brain that are active as well as the intensity of the activity. The instrument used to display these waves is the electroencephalograph.

merging this image into the original wounded picture of your actual memory. Feel carefully what happens when these two images are merged.

Remember: *Let your body dance with the joy of the divine in each present moment! Dance with feeling! Dance and feel the sensations! Dance transmuting your emotions! Embrace the bliss! Your dance is becoming your enlightened guru. Embrace it with ecstasy!*



(.. on-board a 777 jumbo jetliner, flying over the Amazon forest, August 2003)

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