

Sandra Owen  
Creative

By Sandra Owen

# *The 7 Secrets to Emotional Freedom*

## Secret #3 Excitement

Secret number 3 is important when it comes to transforming your life. Excitement is a feeling we experience within and often can't help but express without. Yet it can be very difficult to experience if we have not understood and processed Secrets number 1 (*Forgiveness*) and 2 (*Respect*).

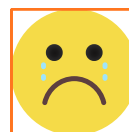
Maybe you're struggling to find much to be excited about in your life right now. It happens! I am not naturally a 'heart on my sleeve' kind of person and it took me a long time to find joy after heartache. So I do understand.

I really want to encourage you to start looking for the smallest things to feel grateful for to get your thoughts rolling. It doesn't even have to be personal. More general things like warm sunshine on your face, rain that nourishes the earth, wind that clears the air and refreshes the plants are great places to start.

The word excitement may evoke thoughts of joy, enthusiasm, fun, creativity, freedom, happiness and satisfaction. Some people express their joy and excitement in a loud, exuberant way. They dance and jump and throw their arms in the air, while others feel more of a serene, calmness or inner peace. You'll be doing your own reflection on this later.

We have all experienced meeting people we feel instantly drawn to, or repelled by, based on the energy they give off. When we meet someone who is super excited it can be really infectious! Their joy rubs off on us, even if we weren't feeling particularly joyous previously. It's hard to ignore someone who simply loves life and expresses their enthusiasm freely and openly. Think about the joy and laughter of young children.

At the same time, it can also be difficult to not get sucked into the energy of someone who is depressed, gloomy and down in the dumps!



## THERE'S NO GAIN IN HOLDING ONTO PAIN

Before we discuss Excitement, let's take a quick look at what emotions are and why holding on to painful emotion is not helpful.

Emotions are literally 'Energy in Motion.' Suppressing negative emotions can eventually result in poor physical, mental and spiritual health. As I mentioned in Secret number 1 (*Forgiveness*), it is important to find a safe way to process and release painful emotions and memories. (*Reach out if you need help*).

Like many people I've indulged in self-pity and blame at various times in my life. I would relive situations over and over in my mind, questioning why someone did what they did, looking for reasons to blame and justify to myself, and others, that it wasn't '*my fault*!' They were the one's who had let me down or treated me unfairly. It took a while to recognise the inner turmoil this was creating.

Imagine each balloon in this image represents a different painful emotion.

How long do you think you could hold all these balloons under water at the same time? It would quickly become tiring and impossible to not let some, or all of them get away from you.



Keeping feelings bottled up is similar. It is physically and mentally exhausting. Eventually something has to give. We run the risk of 'emotionally exploding' over other people, hurting those we love, or it may present in our physical body through ill health. Quite literally '*dis-ease*'!

Have you ever totally 'lost your temper' or 'burst into tears' because someone 'pushed your buttons?' These are clear warning signs that you're holding onto pain.

You end up apologising and trying to explain how '*out of character*' that was and you don't know what came over you! It takes courage to face your deepest emotions, yet it actually takes a lot less effort to process and release them than trying to keep them buried.



The relief when you finally let them go is palpable and literally life changing.

Letting go of pain allows room for feelings of joy, love and excitement again and your life will begin to change for the better.

**Is it easy?** No

**Is it worth it?** YES 100%



## HEALTHY MIND, HEALTHY BODY

From personal experience I was surprised when a medical professional still didn't acknowledge the correlation between physical wellbeing and emotional, mental and spiritual health. If you're physically suffering from multiple different conditions you may end up seeing one specialist for this and another specialist for that. But our body does not consist of isolated, unrelated parts. In traditional medicine there seems to be little exploration as to what someone has been experiencing emotionally, mentally or spiritually either recently or over many years, when looking at our physical health.

When we are in the midst of a crisis situation, we deal with it in the moment the very best we can. It is only later that we're able to look back and evaluate what happened.

Stress is often caused because we are mentally reliving what happened in the past or worrying about what may happen in the future. Life can be stressful for all sorts of reasons, and it is generally acknowledged that extended periods of stress is bad for our health.

As mentioned in previous worksheets, your body doesn't know the difference between a real or an imagined situation. Therefore, reliving painful memories or worrying about the unknown generates the release of stress hormones like cortisol and adrenaline into your body. You are creating them through your thoughts!

"The body is the servant of the mind. It obeys the operations of the mind whether they be deliberately chosen or automatically expressed. At the bidding of unlawful thoughts the body sinks rapidly into disease and decay; at the command of glad and beautiful thoughts it becomes clothed with youthfulness and beauty."

*'As a man thinketh' by James Allen*

## FEEL IT TO HEAL IT

Our bodies are meant to feel, process and release emotions, not bottle them up. Young children and babies don't hold back when it comes to expressing how they are feeling. It is only as we grow up that we either learn subconsciously, or are taught by others, that it is not acceptable to display negative emotions in public. Many apologise profusely for crying in front of others, or hold back from expressing excitement out of fear of what others may think.

Whilst it is not always appropriate to lose your temper in public, keeping anger and frustration bottled up doesn't help us either. Excitement on the other hand can get stuck behind an emotional blockage that has built up over many days, weeks or even years.

## SO WITHIN, SO WITHOUT

Now let's focus on excitement, joy and love. Do you remember feeling so excited to get up in the morning that you could hardly sleep? For some the things that made us feel super excited have been left behind in childhood. Too often we are told to grow up, stop being silly, and that living in an imaginative world is no longer acceptable.

**“The imagination is literally the workshop wherein are fashioned all plans created by man. The impulse, the DESIRE, is given shape, form and ACTION through the aid of the imagination faculty of the mind.”**

*‘Think and Grow Rich’ by Napoleon Hill*

Young children are bursting with imagination and love to pretend play. They make up stories or talk to imaginary friends. A broom becomes beautiful stallion and a cardboard box a castle or a pirate ship! Why do so many of us stop playing?



Where does this amazing creativity go? When did you learn to hide your feelings and stop having the fun you had through imaginative play?

If you ask a 6 year old what they'd like to do when they're older they'll often reply easily with all sorts of ideas. But if you ask them again when they're 16 years old, many have no idea anymore. What happened to their enthusiasm and imagination in those 10 years?



Sir Ken Robinson was a British author, speaker and international advisor on education. In his famous TED talk on creativity in 2006 (copy & paste this link if you want to listen <https://youtu.be/iG9CE55wbtY?si=Z4R9rgfnf4SvwCQz>) he talks about how schools are killing creativity. He highlights that we learn to conform, to sit still and absorb facts and figures and not enough focus is given to developing our creative imagination.

Is it any wonder that many adults find it hard to express real excitement or know how to really let go and enjoy themselves? They may have experienced numerous painful events through their life, leaving little or no time for joy, excitement and creative play. They may also hold a subconscious belief that play is somehow childish!

Again, all these things matter and it is important for us to question what beliefs we are holding on to that are no longer serving us so we can reconnect with our 'inner child' again.





## FOOD FOR THOUGHT

Sheep follow each other regardless of the danger due to 'a strong flocking instinct' because of their need for safety in numbers. But their desire to stay together can sometimes be to their detriment. Did you know in 2005 in Turkey, 400 sheep died after the whole flock followed one sheep over the edge of a cliff?

This made me think about how our thoughts also flock together. Like attracts like. As mentioned earlier, when we have one type of thought, another pops into our head, and before we know it we can be led down the rabbit hole into a world of pain, or a world of joy. The choice is ours.

Unlike sheep, we have the ability to choose. When you become aware of your habitual thought patterns you can course correct. Oftentimes it takes a crisis to make us really think about our lives and why we are experiencing certain things.

## TRANSFORMATION

I highlighted in Secret number 2 how our brains need to be prepared before we can accept new ideas, and creative play is a wonderful way to relax, unwind, exercise problem solving skills and find solutions in a non-threatening process.

Children that are exposed to creative art, music, dance and performing arts develop strong connections between the left and right brain hemispheres, enabling them to think both logically and creatively to solve life's challenges.

Tapping into excitement through play is such a wonderful and easy thing to do if you will let go of subconscious beliefs or preconceived ideas. Often our beliefs are simply copies of those who influenced us as children, such as parents, grandparents, teachers, coaches, friends, etc. Have you ever stopped to question why you believe what you believe?

We can't always stop random thoughts coming into our minds, but we can make a choice whether to follow them or not. Follow the ones that make you feel good. Guard your mind and be more aware of what thoughts you are focusing on.

Our thoughts and feelings set energy in motion, and will attract back to us things of a similar vibration.

## LIKE ATTRACTS LIKE

Our brain thinks in images. If I say the word 'sheep,' your brain automatically creates an image in your mind based on your knowledge and experience of what a sheep is. Maybe your sheep image is of a singular fluffy white body, with a cute little black face. Maybe your sheep has big rounded horns and a cute white or brown face? It doesn't really matter.

The point is, your brain did not think of words, or conjure up a dictionary definition of a sheep for your read in your head. It created an instant image in full colour, with probably a sound or feeling.

If you were to persist and keep focusing on the thought of a sheep, more thoughts would come to you about sheep. Your brain would begin to attract and create more images, maybe a field of sheep, on a warm sunny afternoon, with baby lambs jumping around. Or watching several sheep dotted around a hillside quietly minding their own business, munching on grass while you enjoy a picnic on a plaid red blanket. Hmmm!!

## LET CREATIVE ART LIFT YOUR HEART



Our brains learn best through play, no matter how old we are. Are you ready to let excitement in, have fun and get in your creative zone?

This month's creative project is to make your own fun little sheep as a visual trigger to remind you that you do not have to follow the crowd. That you have a choice over where you let your thoughts wander and to guide them to follow the path that feels the most fun for you.

You can follow my demonstration using recycling materials or use it to inspire your own creative ideas. The reason I love using recycling materials for creative art is because it challenges preconceived ideas. It can be hard to see a cardboard box or plastic bottle tops as anything but rubbish! We've all been taught that we need to throw rubbish away, recycle it and that it has no intrinsic value.

I want to challenge you to see beyond the obvious, and take some time out to enjoy yourself. Carve out some 'me time,' in your day, week or month and create a visual trigger to help you recall the points raised in Secret number 3.

Enjoy yourself. Let go of conformity and rigid thinking. Feel the excitement of creative play in the pit of your belly and let it flow and attract more things to get excited about.



## REIGNITE YOUR EXCITEMENT

Take some time to think about the reflective questions that follow. They are all written in the first person to tap into your heart for answers. The only person who knows the solutions to your problems is you. A therapist or counsellor can only guide and ask questions. I hope the reflective journalling helps and gives you some 'ah ha' moments.



# Ignite and Excite

---

WHAT DOES THE WORD EXCITEMENT MEAN TO ME?

WHEN WAS THE LAST TIME I FELT REALLY EXCITED?

IS THERE ANYTHING I DO THAT MAKES ME FORGET ABOUT TIME AND SPACE?

# *Excitement*

WHAT 3 THINGS DID I REALLY, REALLY LOVE DOING WHEN I WAS A CHILD?

1.

2.

3.

WHY DID I LOVE DOING THESE THINGS?

1.

2.

3.



# *Excitement*

DO I STILL DO ANY OF THESE THING ANYMORE? GIVE EXAMPLES

WHAT 3 THINGS DO I REALLY, REALLY LOVE DOING NOW?

1.

2.

3.

# *Excitement*

WHY DO I LOVE DOING THEM?

1.

2.

3.

WHAT ARE THE SIMILARITIES BETWEEN THINGS I LOVED DOING AS A CHILD  
AND THINGS I LOVE DOING NOW?

# *Excitement*

WHO INSPIRES ME? (THEY MAY BE KNOWN OR UNKNOWN TO YOU)

1.

2.

3.

WHAT THINGS WOULD I LOVE TO DO THAT I HAVE NOT DONE YET?

1.

2.

3.

# *Excitement*

WHAT 3 THINGS AM I THANKFUL FOR RIGHT NOW?

1.

2.

3.

WHAT 3 THINGS CAN I DO MORE OF TO HELP MYSELF FEEL MORE JOY AND  
EXCITEMENT REGULARLY?

1.

2.

3.



*Hi There,*

I hope you enjoy making Sheila the Thoughtful Sheep yourself or with your children/grandchildren. Or use the idea to create your own fun project, illustration, artwork, or sculpture. Use the creative time to reflect on how thoughts are energy and your heart is always speaking to you if you take the time to pay attention.

Do you feel excited about life in general, or allow mainstream news and media to drag your mood down? If the latter it might be time to stop watching the news!

Remember you always have a choice over what you allow your mind to focus on. If you are struggling to find real joy in life, or move past certain painful memories it may be good to talk to someone you trust, or see a specialist coach who can help you unravel things.

We can benefit from different types of therapy or alternative treatments at different times in our life. Make sure the person you choose understands the connection between our physical, emotional, mental and spiritual well body.

If you need help please email to arrange a no obligation chat at [sandra@sandraowen.com](mailto:sandra@sandraowen.com)

Recommended Reading:

**'Permission to Feel' by Professor Marc Brackett**

With Best Wishes,

*Sandra xxx*