

Emotional mapping is a TSD tool that helps us become aware of the progression of our emotions. An emotions begins as a seed emotion, then is felt in the heart, and finally distorted by the mental field. We are typically unconscious of this process (moving up the model), however, we can use mindfulness to become aware when our mental field distorts our authentic heart emotions (moving down the model). With emotional mapping we can intentionally follow the emotion back to its precise heart emotion and allow the emotion to lead us to healing. Please refer to the Emotional Clusters for more options.

