



KINDRED  
LIGHTS

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A COMPANION PRACTICE FROM *LOVE HEROICALLY*

# **The Emotions Inventory & The Release Toolkit**

*A field guide for the moments when the energy will not move.*

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BEFORE WE BEGIN

## The Energy Wants to Move.

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Before any tool, one reframe.

*“It’s just energy.”*

The event that created this charge is over. It happened — sometimes years ago, sometimes this morning — but it is not happening right now. Right now you are here, in this body, in this moment, which is safe. The story Sir Ego is running makes the past feel present — the alarm fires as though the threat is live, the chest tightens as though the thing is happening right now, the mind loops as though solving it fast enough might change what already occurred.

It didn’t. It’s over. Only the energy remains.

And here is what Sir Ego has never been told clearly enough: feeling the energy will not hurt you. It feels like it will. The charge has been kept behind a door precisely because something in Sir Ego decided long ago that opening that door would be unbearable. So he has been managing the door — keeping it locked, reinforcing the hinges, making sure nothing gets too close to it — and that management has cost him more than the thing behind it ever could.

The energy behind the door is not a monster. It is grief that needed to be felt. Anger that needed to move. Fear that needed to be held. Old pain that has been waiting patiently for a moment of safety to finally complete its motion. The core fear hides like the proverbial monster in the closet. But when the Wise One turns on the light of understanding, its nothingness is revealed, and nothing to fear remains.

The present moment is that safety. Not the past where it was created. Not the future Sir Ego is bracing for. Right here, right now, in a body that is not in danger, with a Wise One who is not going anywhere — this is where the energy can finally move.

*Feeling it will not destroy you. Keeping it inside is what’s been doing that.*

Take a breath. Feel your feet on the floor. Notice three things you can see right now. You are here. You are safe. The thing is not happening.

*Now you are ready to let it move.*



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PART ONE

## What You're Actually Feeling.

*The Emotions Inventory.*

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Every emotion in this list is a blockage waiting to be released. Not a character flaw. Not a verdict. Not proof of anything about who you are. A charge that was stored in the body because, at the moment it was created, there was no safe way to let it move through.

Sir Ego held onto it for good reason. The feeling was too big, too dangerous, too threatening to Sir Ego's Script to be felt fully in the moment it arrived. So he did what any brilliant survival system does: he filed it away. Pushed it down. Built a wall around it. Told himself he had handled it — and then wondered why it kept surfacing in the body, in the reactions, in the specific exhaustion of someone carrying more than they know.

These are the blockages the Release step is designed to move. Each one has a shape, a history, a specific lie at its root that the Wise One is ready to dissolve. None of them need to be held any longer. The moment that created them is over. You are here, in this body, in this present moment — which is safe. The charge doesn't know that yet. But the Wise One does.

What follows is not a diagnosis. It is a mirror — so Sir Ego can finally see what he's been carrying, why he picked it up, and why it is not only safe, but necessary, to put it down.

### Shame

Sir Ego's Script says he should be worthy — lovable, acceptable, enough. The family system, the religious framework, the school, the culture each found in Sir Ego's need for love and belonging a lever. Shame was the tool used to keep him compliant, manageable, and small. He absorbed it not because he was weak but because he was young, and he trusted the people who were supposed to be safe. When his Script collided with their need for control, shame was installed as the explanation: something about you is simply broken. Not what you did. What you are.

*The Wise One knows none of it was true. You ARE LIGHT — eternal, radiant, an aspect of the Divine that no story, no wound, no institution's verdict can reach. Shame is not a truth about your nature. It is a distortion Sir Ego's Script installed to explain pain it couldn't process, and a tool others used to serve their own need for control. Your inherent wholeness was never touched. The Script of Creation did not send those experiences as evidence of your unworthiness. It sent them as curriculum — the exact forge your soul chose to discover what it is actually made of. The LIGHT you are was never dimmed. It was waiting, patient*



and unchanged, for Sir Ego to stop believing the verdict.

## Guilt

Sir Ego's Script says he should have done better — should have known, should have chosen differently, should have been someone other than who he was in that moment. When his behavior collided with his own rules, guilt arrived as the verdict: you did something wrong, and that wrong defines you. Underneath the behavior that triggered the guilt is almost always a conflict — Sir Ego caught between competing fears or desires, making the only choice available to him in that moment. But the Script doesn't care about context. It has a rule. The rule was violated. Case closed.

*The Wise One knows the truth Sir Ego cannot yet see: you were riding a ride in the Earth Adventure Park. A wild one, perhaps. One that cost something, or hurt someone, or looked nothing like the person you intended to be. But you were not committing a sin with eternal consequences. You were exploring the curriculum your soul designed — the exact ride required to forge the quality you came here to embody. There are no eternal consequences because you are an eternal being, and nothing that happens on the ride changes what you are at the root. Misaligned behavior is feedback, not failure. The Karmariculum doesn't keep score. It keeps curriculum. You ARE inherently whole — and no ride, however wild, however costly, however much Sir Ego wishes he'd chosen differently, changes that. LIGHT doesn't dim because the ride got dark. It waits for Sir Ego to find his way back to the exit.*

## Fear

Fear is not just a response to danger — it is the foundation of Sir Ego's entire Script. Every strategy he has ever deployed traces back to the original terror of the cave: I have to figure out the rules. I have to crack the code. I have to do whatever it takes to stay in the okay place and avoid the terrible one. Sir Ego didn't choose fear as his operating system. He inherited it the moment he discovered the world was not reliably safe — and built everything on top of it. His Script was written for one purpose: stay in the okay cave. The Script of Creation keeps sending both caves. Sir Ego experiences this as a cosmic violation. The universe is not cooperating with the plan.

*The Wise One knows there was never actually a terrible cave — there was curriculum. The oscillation Sir Ego has been desperately managing his entire life was not punishment. It was the Karmariculum delivering exactly the experiences the soul chose in order to forge the PEACE that cannot be manufactured in the absence of chaos. You ARE Peace — not as a state to be achieved when the caves stop, but as the nature you already have underneath everything Sir Ego has been building on top of it. The Script of Creation did not design the okay cave as the destination. It designed both caves as the path to the door Sir Ego never knew existed. Love is the antidote — the Truth the Wise One has been standing in the whole time. The danger fear is scanning for is almost never in the room.*



## Anger

Sir Ego's Script was written on stone tablets. It specifies how people should behave, what outcomes should arrive, what reality owes him in return for his compliance. When something collides with those tablets — when a person doesn't behave as the Script requires, when an outcome that should have happened didn't — the alarm fires. Someone is in violation. Someone must be held accountable. Anger is Sir Ego's enforcement mechanism — the sword that comes out when the Script of Creation has the audacity to deliver something other than what the tablets specified. From inside the anger, it always feels righteous. It always feels like justice.

*The Wise One doesn't ask Sir Ego to put the sword down before he's ready. She asks him to look at what it's guarding. Beneath every anger is something that mattered deeply enough to hurt — and beneath that is a wound that predates this moment, this person, this violation. The Wise One's question is always the same: what wound gave rise to this? What mattered enough to hurt this much? Anger is a distortion of POWER — and you ARE Power, sovereign and co-creative, at the level the sword can never reach. When Sir Ego turns to look at the wound underneath the weapon, the sword becomes unnecessary. The POWER that was running as force becomes available as presence. The Script of Creation was never in violation. It was delivering the stepping stone the anger was standing on top of.*

## Frustration

Sir Ego's Script says this door should open. He has tried the handle. He has knocked. He has pushed. He has tried again from a slightly different angle. The Script of Creation is not opening this door — and Sir Ego's conclusion is not that this might be the wrong door. His conclusion is that reality is broken, or that he is failing, or both. When the outcome doesn't materialize, Sir Ego files it as evidence of unworthiness and pushes harder. The loop runs back to shame. The frustration wasn't just about the door. It became another stone in the case against himself.

*The Wise One explores many doors but remains unattached to any specific one. She trusts that the right door — aligned with the Script of Creation — will open naturally, without force. What Sir Ego calls failure, the Wise One recognizes as redirection. This is WISDOM — and you ARE Wisdom, at the level where the right door is always already known. Frustration is the signal, not the problem. Something in you already senses this direction is wrong — the resistance is your own deeper knowing, not the universe being difficult. The Script of Creation is not broken. It is precise. Alignment replaces effort. Surrender replaces struggle. The door that is meant for you will not require a battering ram.*



## Disappointment

Sir Ego's Script said this outcome was his. He prepared for it, hoped for it, perhaps felt certain it was coming — and then the Script of Creation withheld it. The collision is sharp: the universe promised something and failed to deliver. Sir Ego files the near miss next to all the other near misses and builds the case that joy is something that happens to other people — that the Script of Creation, whatever it may say, doesn't seem to be working in his particular favor.

*The Wise One knows that the Script of Creation always provides exactly what is needed for the next step in the Karmariculum — and sometimes that means withholding what Sir Ego wants in order to protect what the soul is ready for. The near miss is divine refinement. What was withheld was protecting you from arriving somewhere before you were ready to stay. The Karmariculum is purifying the heart — examining the distorted need beneath the desire — before entrusting you with what is truly meant for you. You ARE Joy — causeless, unconditional, independent of any outcome arriving on Sir Ego's timeline. What is truly yours cannot be withheld. What was withheld was never yours to keep. The Script of Creation knows the difference, even when Sir Ego cannot yet see it.*

## Jealousy

Sir Ego's Script says love should flow to him in sufficient and reliable quantity. When the Script of Creation distributes it differently — when someone he loves gives attention or affection elsewhere — the alarm fires: there is less for me now. My supply is being redirected. The Script of Creation is not honoring the agreement. This distortion arises from the foundational belief that love comes from others rather than through us — that it is an object that can be distributed, taken, stolen, or lost. Sir Ego has confused the channel with the source.

*The Wise One knows the truth that dissolves the entire architecture of jealousy: you ARE Love — at the level where no one can take it away, because no one gave it to you in the first place. Love is your nature. The amount of love you experience is directly correlated with the openness of your own heart — especially, the Wise One adds quietly, toward those you believe are threatening or wounding you. The Karmariculum sent this relationship to press on exactly the wound Sir Ego brought into it — the wound about whether he is lovable on his own terms. That wound is the one the soul came to heal. All the way to the root. When Sir Ego discovers he IS Love, the jealousy has nothing left to protect.*



## Envy

Sir Ego's Script says abundance should be his. When the Script of Creation delivers it to someone else first — their joy, their recognition, their ease, their success — Sir Ego concludes there must be less available for himself. Your happiness diminishes mine. This is LIGHT and JOY running through the distorting lens of scarcity consciousness — the foundational ego belief that the supply is limited and someone must lose for someone else to win. Sir Ego experiences another's abundance as evidence of his own lack. The Script of Creation, once again, appears to be distributing unfairly.

*The Wise One knows that another's fulfillment is evidence of what is possible — the Script of Creation showing you something through their life that is available in yours. You ARE Joy. You ARE abundance itself — at the level scarcity cannot reach, where the supply was never limited and no one else's portion reduces yours. What you envy in another is something you already carry — unactivated. Envy is desire that doesn't yet believe in itself. Resonance attracts reality: gratitude and celebration open the field to receive what the heart truly desires. Look not outward with longing, but inward with recognition. It is already there. It has always been there.*

## Anxiety

Sir Ego's Script says the future should be controllable — that if he thinks hard enough, plans far enough, prepares thoroughly enough, he can make good things happen and prevent bad ones. The Script of Creation is under no such obligation. It is unfolding according to its own intelligence, on its own timeline, toward ends Sir Ego cannot yet see — and this is experienced as a fundamental violation of the agreement. Anxiety is Sir Ego's response: if I can just think my way through every possible scenario, I can regain control of what the Script of Creation keeps refusing to hand over. CALM is running as its distortion — the attack-defend-withdraw circuit firing at a future that hasn't arrived.

*The Wise One knows the Script of Creation is benevolent and always unfolding for the highest good — even when she cannot yet see how. She stays anchored in the now — where action, insight, and healing actually occur — and moves in harmony with divine timing. You ARE Calm — still, centered, grounded in the eternal present where Sir Ego's worst-case scenarios have never once arrived exactly as imagined. Presence is the ground the Wise One stands on. It does not need Sir Ego's management. It needs his trust.*



## Boredom

Sir Ego's Script says life should arrive in an exciting, validating, purposeful form right now. The Script of Creation sent this quiet moment — this ordinary Tuesday, this uneventful afternoon, this stretch of time with nothing Sir Ego would choose on offer. Sir Ego experiences this as a violation: reality is not delivering what it owes me. He declares the moment insufficient and begins scanning for something — anything — that matches his excitement Script. EXPRESSION and JOY are being held hostage to conditions that reality is under no obligation to meet.

*The Wise One finds beauty, love, and delight in all circumstances because she lives in wonder and openness to what is. You ARE Joy — alive in all circumstances, attached to none. Boredom is the Karmariculum's quietest invitation — the pause between stepping stones where Sir Ego is being asked to stop performing and simply be. What he's looking for is already here, in the magnificence of simply being. The dandelion is right there in the outfield. The Coach is on the field. Sir Ego just hasn't looked up yet.*

## Grief

Sir Ego's Script says what he loves should stay. It was supposed to be permanent — this person, this relationship, this chapter of life that felt essential. The Script of Creation completed the soul contract. Sir Ego experiences this as theft. The universe took something that was his, without permission, in violation of the agreement. He holds on because letting go feels like agreeing to the loss — like a betrayal of what was loved. He waits for restoration, for justice, for some resolution that will make the loss make sense on his terms.

*The Wise One knows that nothing real can be lost. Only changed in form. The soul contract that brought this person, this love, this chapter into your life was agreed upon before either of you arrived. It was complete — not cut short, not stolen, but complete. The Karmariculum delivered exactly what it promised. You ARE Love — and love, at the level you actually are it, cannot be taken away by the ending of any form. What you love doesn't require your suffering as proof. It was real. It still is. Just differently. The grief, when it finally moves through rather than being held, does not diminish the love. It becomes the very depth of it — the measure of how real it was, and how permanently it changed you.*

## Sadness

Sir Ego's Script promised a certain outcome — a version of life, a relationship, a self-image that felt within reach. The Script of Creation delivered something else. The fantasy didn't become reality. The performing stops — not by choice, but by exhaustion. Sir Ego has run out of strategies, arguments, and workarounds. The Script has failed and there is no next move. What remains is the raw ache of someone whose map no longer matches the territory.



*The Wise One sees this moment — the moment the performing stops — as the first honest thing. Not weakness. Not failure. PEACE arriving, finally, after the war Sir Ego has been waging against reality. You ARE Peace — and peace, at the level you actually are it, was never dependent on the Script delivering what Sir Ego wanted. Sadness reveals where Sir Ego has been trying to extract from the outside what was always available on the inside. The hole in the heart is an illusion — nothing outside of us can fill what was never empty. The Wise One doesn't rush to fill the space. She holds it. Something true is right underneath the sadness — something the performance was covering. When Sir Ego finally stops performing, the Wise One can finally be heard.*

## **Loneliness**

Sir Ego's Script says others should validate him, accompany him, confirm his worth, and soothe his nervous system. When the Script of Creation sends solitude instead — when no one in the room is providing what the Script requires — Sir Ego experiences it as abandonment. The universe has failed to deliver the company he was promised. He is separate, alone, not enough to keep people close. This is the emotional weight of being out of alignment with the divine source that has never once left him — of feeling separate from the very thing he is made of.

*The Wise One feels the presence of unity even in solitude. She knows that true connection begins within — through alignment with divine wholeness and the remembrance of what you actually are. You ARE Light. You ARE Love. You are made of the same eight aspects as the Creator — and at that level, you are never, not for one moment, alone. The Wise One has been here the whole time. Every master, every liberated soul, every being who has ever found the still point is part of the consciousness your Wise One is plugged into. Aloneness, when Sir Ego stops fighting it, becomes spaciousness rather than suffering. The inside door — the one that opens toward others only after it opens inward first — is available right now, in exactly this solitude. The connection Sir Ego has been waiting for was never outside. It was the Wise One, patient as eternity, waiting for him to look up.*



PART TWO

## The Toolkit.

*Ten practices for letting the energy move.*

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The Wise One is not prescriptive about method. What she cares about is the mechanism — moving attention from the story about the energy to the energy itself, and creating conditions where it can complete its natural motion. Every tool below does this in a different way. You don't need all of them. You need two or three that work for your particular nervous system, your particular body, your particular relationship with the closet door.

*Try them. Notice what opens. Build your practice from what moves you.*

### The Peeling Sequence

*Why do I care?*

Start with what's in front of you. *Why do I care about this?* Take whatever answer comes and ask again. And again. Keep going. You're not looking for the smart answer — you're looking for the one that makes your chest drop or your throat close. That's the energy. When you find the sensation, stop asking and start feeling. Follow it all the way down to the thing underneath the thing: *what lie about myself is this confirming right now?* Name it. Then hold the truth against it. That's it. That's Release.

### Somatic Sensation Following

*Drop the story.*

I know you can't — drop it anyway. Find where it's living in your body right now. Chest? Throat? Jaw? Stomach? Put your hand there if you need to. Breathe into it. Don't explain it. Don't fix it. Don't ask what it means. Just stay. You're not trying to make it go away — you're giving it your full, unhurried presence for the first time maybe ever. That's all it's ever needed. Energy held in place by inattention starts to move the moment you actually look at it.



## **Music & Film**

*Meet the feeling where it lives.*

*I have a whole playlist for this. Sad songs for the sad moments — not to wallow, but to meet the feeling where it lives. The Wise One knows that an emotion needs to be felt before it can move. Music is one of the fastest ways to give it permission. Film works the same way. The right movie at the right moment — the one that makes you sob through the third act, or laugh until the feeling breaks loose — is not escapism. It is emotional permission. You are borrowing the story to feel the thing you couldn't access on your own. Whatever frequency needs moving — grief, rage, longing, joy that hasn't landed yet — there is a song or a scene that will meet it there. Let it.*

## **Movement**

*Yoga, walking, running, dance.*

Get out of your head and into your body. Go for a run and burn off the adrenaline first — then something subtler can surface. Do a yin yoga hold for three minutes and notice what starts to open in your hips. Walk until the bilateral rhythm of your feet on the ground starts to regulate your nervous system. Dance by yourself in your kitchen with the door closed. Whatever it takes to get the body moving — the energy that's been stored in your tissue needs movement to shake loose. It is not metaphorical.

## **Breathwork**

*Start here if everything else feels too hard.*

Three conscious breaths with your full attention on your chest. That's it. Slow inhale. Slow exhale. Hand on your heart if that helps. The breath is the fastest direct access to your nervous system you have — no prescription required, no equipment, no planning. If the alarm is so loud you can't do anything else, you can always do this. And your nervous system will always respond.

## **Energy Healing**

*EFT tapping, Reiki, acupuncture.*

These work at the level of the energy field itself — the same field the trigger just disrupted. EFT tapping sounds ridiculous until you try it in an activated state and feel the charge actually drop in real time. Acupuncture moves stuck energy through the body's physical channels. Reiki works through a practitioner's coherent field, meeting yours — co-regulation, but specifically directed. All three go directly to the energy instead of arguing with the story about it. Find a practitioner you trust. Try it once in a triggered state before you decide it's not for you.



## Sound

*Humming, toning, singing.*

Hum. Right now, if you need to. It activates the vagus nerve directly — the nerve that tells your body it's safe. Hold a long vowel sound on the exhale and feel it resonate in your chest. Sing something that matches what you're feeling, your own body as the instrument. Sir Ego finds this one embarrassing. That's usually the sign it's working.

## Water

*Shower, bath, ocean, rain.*

Get in the shower. Get in the bath. Stand in the ocean. Get rained on on purpose. Water has been used for energetic clearing in every tradition on earth because it works. The physical sensation brings you into your body and out of your head. Imagine the energy flowing out and down the drain — that is not just a metaphor, it is an instruction. This is one of the gentlest tools and one of the most reliable.

## Writing — But Not Processing

*Follow the sensation, not the story.*

Not the journaling that retells the story with more detail and a list of past grievances. The writing that follows the sensation. *What does this feel like right now? Does it have a color? A shape? A temperature? A weight?* Stream of consciousness, no editing, no audience. Write until something shifts, then stop. Burn it if it feels right. The burning is its own release.

## Forgiveness Ceremony

*Make the release physical.*

Write the name on paper and burn it. Speak the words out loud to an empty chair. Walk a labyrinth and set it down at the center. Your body believes what it does more than what it thinks — making the release a physical act lands it somewhere purely mental forgiveness cannot reach. Any ceremony that enacts the release will work. The body just needs to do the thing, not think it.

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*You'll find two or three of these that open your particular door. Those are yours. The Wise One doesn't care which ones. She only cares that the door opens.*

*The energy wants to move. It has always wanted to move. You are finally letting it.*



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