



The 10 super powers you're missing out on until you prioritize developing your feelings and deep body awareness

(we'll be going much deeper than what
you usually hear about EQ online and in
work trainings)

Signs you might not be highly in touch with your feelings & body:



- ▶ Trouble deciding which project/task/idea to focus on
- ▶ Procrastinating, or too quickly losing interest
- ▶ Hating small talk / socializing
- ▶ Rarely getting angry or crying
- ▶ Rarely feeling intense joy, love, or gratitude outside romance
- ▶ Trouble feeling empathy
- ▶ Harshly judging people who are “overly emotional” or “spiritual”
- ▶ Feeling an existential void, nihilism
- ▶ Trouble with dating, flirting, sex, intimate relationships
- ▶ Feeling misunderstood, or like your voice isn’t heard/respected
- ▶ Discomfort with physical touch (or getting your touch needs met)
- ▶ Lack of clarity on your love language
- ▶ Lack of solid meaning/purpose in life or clarity on your core values
- ▶ Not making the impact you want to make or reaching your potential
- ▶ Regularly hiding parts of yourself
- ▶ Feeling just “ok” most of the time
- ▶ Difficulty saying more than “good” or “bad” when asked how you are



Powerful Decision-Making

(even for indecisive ‘xNxP’ types; less analysis paralysis and frustration when there’s no objective “right” choice)

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- ▶ The VMPFC (ventromedial prefrontal cortex) is a brain region crucial for processing emotions. Neuroscience studies show: When the VMPFC is damaged, decision-making is greatly impaired, particularly around personal and social matters.
 - ▶ More than just a byproduct of thoughts, your emotional system is a whole data channel. The goal is not to replace thinking, but to complement it with this additional data source.

What if you could learn how to turn up the volume on your “gut feeling,” and experience intuitive clarity about hard decisions?

What if feelings could make you a more effective thinker?



Deeper Relationships

(i.e, making friends, easier dating, marriage success, deeper conversations, etc.)

- ▶ EQ skills like empathy, holding space, and validating the emotions of others (rather than just trying to fix their problems) are key for building deep, supportive relationships with friends, family, and romantic partners.
- ▶ We all crave deep, supportive connections where we can fully be ourselves. But that relies on EQ. As Maya Angelou explained, people don't remember what you said; they remember how you made them feel.

Keep getting stuck in small-talk? What if the problem isn't that other people are boring, but that *you* need to develop your EQ?



Avoiding Procrastination

(and skillfully dealing with regret, self-shaming, inner critic, etc.)

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- ▶ Do you often worry that you're wasting your life? Not making the best use of your day? Not making the impact you want to make or living up to your potential? Do you procrastinate and distract yourself instead of doing what you know you should be doing?
 - ▶ Those are all **feelings**. And if you have a feelings-oriented problem, the analytical mind can certainly help too, but the real solution must be found in the feelings realm.
 - ▶ Weakness in emotional processing skills is often the root cause of maladaptive coping mechanisms like substance abuse, emotional eating, procrastinating, or binge-watching.

What if you had reliable strategies for dealing with stress and the everyday challenges of adulting in the modern world?

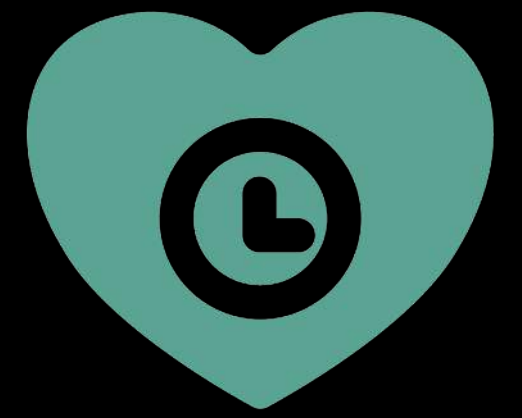


Feeling Better/Alive

(i.e., mental health, moment-to-moment happiness & productivity; less depression, anxiety, & stuckness)

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- ▶ Numerous psychological studies have found a strong link between emotional awareness/processing and resilience against depression and anxiety.
 - ▶ You might be able to repress (ignore) your darker feelings for a while. But pain is an important signal from your body. And if you don't learn how to process your feelings, they'll keep coming back (in obvious ways like anxiety, or in less obvious ways like chronic health issues or trouble sleeping).
 - ▶ Feelings are aliveness. Analytical thoughts are great too, but what you **really** enjoy is how such thoughts make you **feel**. Increasing your capacity for feelings is increasing your capacity for raw aliveness and getting the most out of your moment-to-moment experience of life.

What if it were possible to experience a far deeper sense of aliveness than you've ever felt? That happened to me. I had simply never realized what was possible until I devoted a lot of effort to training my feelings and embodiment.



Increased Healthy Lifespan

(i.e., physical health, anti-aging, and simply feeling physically good)

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- ▶ There's a huge body of scientific research indicating that unprocessed emotions can contribute to cardiovascular disease and immune system dysfunction. Mindfulness and body awareness practices can lower blood pressure and improve immune function.
 - ▶ Do you prioritize working out and healthy eating? Research shows that emotional processing and social connection are just as important for general health and living a long time.

What if you knew that unskillful processing of emotions was actually causing real, long-term damage to your body and reducing your lifespan? Could it be time to prioritize this?

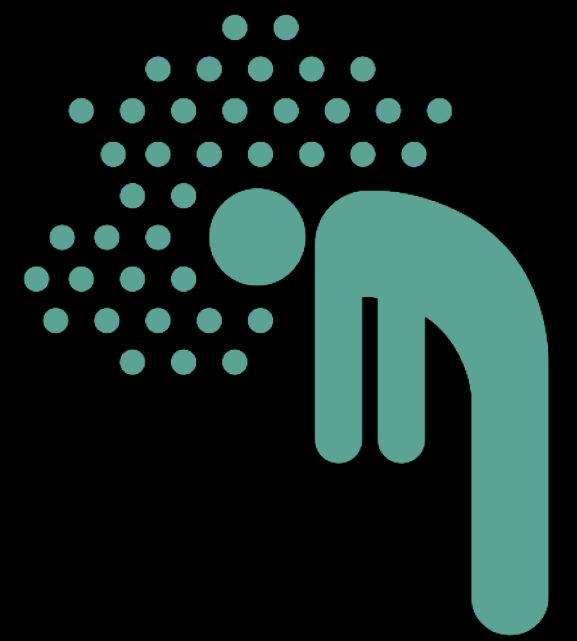


Getting Ahead in Career

(i.e., improved performance, more powerful presence in a room, more inspiring leadership ability)

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- ▶ EQ (the ability to recognize & manage your emotions and understand & influence the emotions of others) is a key skill for career success and being a better manager and leader.
 - ▶ Occupational psychology research shows that emotional regulation can help you maintain focus on tasks and perform better under stress and uncertainty. This is crucial with all the advances in AI, since the pace of change will only increase.

What if you knew that, no matter how smart and talented you are at your job, you'll be held back from even greater career success until you improve your emotional intelligence?



Processing Big Feelings

(e.g., grief, rage, frustration, loneliness, hopelessness)

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- ▶ You face emotional challenges every single day—from smaller feelings like beating yourself up for saying something stupid, to bigger ones like receiving negative feedback at work (or having to mask a marginalized identity), to huge ones like the death of a loved one.
 - ▶ You also experience collective grief and trauma that you might not consciously realize. When you hear about genocide happening far away, it *does* affect you. If you don't feel it, it's because you're numbing (as so many of us do). But it's still there, eating away at a part of you.
 - ▶ Every indigenous culture across the world regularly held grief or healing ceremonies where the entire village came together to process big emotions together. We *need* that—as social animals, we're not meant to do this alone.

What if you could learn to befriend your big feelings and, instead of repressing or numbing, truly process them and empty them out so they can be replaced with love, compassion, fulfillment, and more?



Focusing Attention

(i.e., setting barriers to block out what's not a priority for you and welcome what's emerging in you)

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- ▶ Subtle emotional awareness allows you to check in with yourself and determine what you really need and want right now. Then, you can learn to actively draw a barrier around your deepest priority of the moment and be less influenced by what others want, or what the world seems to be demanding of you.
 - ▶ This can also allow you to notice that your subconscious is in the midst of tying threads together or processing something that wants to bubble up if you let it (e.g., a powerful insight, which could be a feeling or a thought).

What if you had a much easier time choosing which of your ideas to focus on and keeping your focus on what your innermost self knows is the most important thing for you?

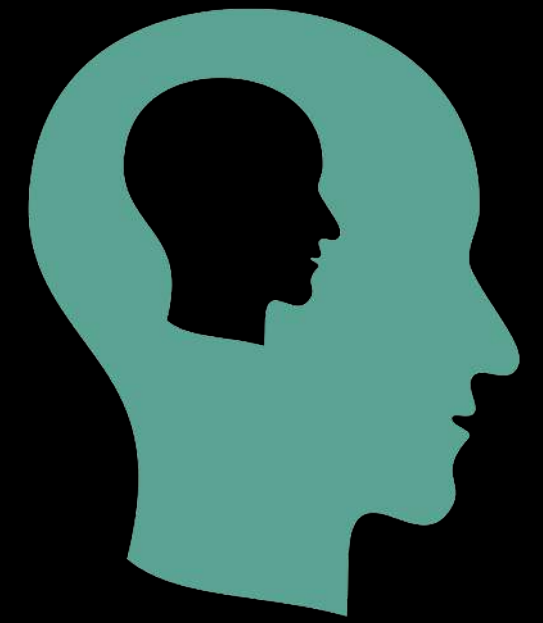


Embodied Self-Expression

(e.g., dance, confident posture, flirting, feeling deeply seen)

- ▶ Humans are animals—specifically, social animals. Your analytical mind is an important part of you, yes, but something deeper than that is your animal self. The energy you project. The way others feel around you. The way you convey what you want. This is the domain of embodied feelings, not the mind.
- ▶ I spent most of my life trying to flirt using clever turns of conversation. But now I feel so much better equipped since I understand how to deeply feel myself, project confidence, hold myself in a grounded way, and express myself through dance and playful movement. All this applies to intimacy and sex too.

What if you could feel just as comfortable using your body to speak for you as you do your mind?



True Self-Awareness

(i.e., understanding your full self rather than just the surface, leading to far deeper forms of personal growth)

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- ▶ Do you say you value personal growth? Well, the *biggest* growth can happen where you feel most uncomfortable (e.g., emotional vulnerability, dealing with big feelings from others, etc.).
 - ▶ Do you judge people who are “overly emotional / sensitive”? It could be that a subconscious part of you is envious of how deeply they’re able to feel (it took me a long time to realize that was true for me).
 - ▶ You might think of yourself as self-aware. But the analytical mind is just one layer, missing out on the important signals from your body & gut brain, the complex emotional landscape, and more.

What if you could see that what you *call* self-awareness is only one slice of the pie of you truly are? *What if there’s so much more to discover?*

Summary

The 10 super powers you're missing out on until you prioritize developing your feelings and deep body awareness



1. **Powerful decision-making** (avoid analysis paralysis)



6. **Getting ahead in career** (improved performance, presence, leadership)



2. **Deeper relationships** (friends, dating, marriage, deep conversations)



7. **Processing big feelings** (grief, rage, loneliness, hopelessness)



3. **Avoiding procrastination** (and regret, shaming, etc.)



8. **Focusing attention** (block out non-priorities, welcome the emerging)



4. **Feeling better/alive** (mental health, happiness, productivity, aliveness)



9. **Embodied self-expression** (confident posture, dance, flirting)



5. **Increased healthy lifespan** (feeling good, anti-aging)



10. **True self-awareness** (understanding full self; deep growth)

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Thanks for reading. Now, want help?



If, as I did, you grew up in the dominant culture of the United States or another Western country, you received deeply-ingrained messages your whole life that championed the analytical mind over the emotions and body.

It's not your fault. But you *deserve* to more fully feel and to experience as much joy, fulfillment, and understanding from your body as you do from your mind. **You deserve to feel truly alive.**

I've been a hugely analytical thinker and skeptic for most of my life. But for the past 7 years, I've been on a very intentional journey of transforming all this in myself.

I've helped many others do the same, and I'd love to guide you too. **Find out more at www.MichaelCaloz.com.**