

Exercise sheet

EMOTION MEDITATION



i Take 10 minutes to complete each step.

Step 1

- Sit upright with your back straight. You can either sit on a chair or sit cross-legged on the floor on a cushion. Close your eyes and begin by concentrating on your breath, on the sensations you feel in your nose, your throat, your lungs, your belly, with each inhalation and each exhalation. Take a few moments to re-enter the present moment, the here and now, in this room. Then expand your attention to your whole body, as if you were enveloping your body in a bubble of breath.

Step 2

- Now turn your attention to your thoughts. Imagine yourself in front of a cinema screen and watch your thoughts file across the screen. Watch them appear and disappear from the screen. Look at them as an observer, without judging them, simply noting that they are there and that they are passing. If, at the beginning, no thoughts appear on the screen, don't worry, this is perfectly normal. Just wait patiently for them to come, as if you were waiting for a film to start.

i Take your time to do the next step

Step 3

- Now choose the most painful, emotionally charged thought and focus on this thought. Welcome the emotions that arise, even if they are unpleasant. Try to locate where these emotions can be felt in your body.
- Once you have located the part or parts of your body that are affected, breathe into the painful sensation and with each exhalation repeat to yourself: "Whatever it is, it's okay, I'm willing to feel it, I allow myself to feel it, that's how it is for now." Do this as many times as you would like to.