Making room for feelings

Opening up around a difficult feeling instead of fighting it.

This is the opposite of what we usually do with painful feelings. Go gently, and start with something moderate, not the hardest thing in your life.

1. **Bring it up.** Think of a situation that brings on a difficult feeling. Let the feeling come.
2. **Observe.** Scan your body. Where do you feel it most? Look at it with curiosity, as if you had never met it before. Where are its edges? Is it heavy or light, moving or still, warm or cool?
3. **Breathe.** Breathe slowly into and around the sensation. Imagine your breath flowing to that place.
4. **Expand.** Imagine opening up space around it. You are not trying to shrink the feeling. You are getting bigger, so there is more room for it.
5. **Allow.** Let it be there. You do not have to like it or want it. Say to yourself: "I do not like this, and I can make room for it." If it changes, fine. If it does not, fine.
6. **Widen.** Keep the feeling in view, and also notice your breathing, your whole body, the room. The feeling is one part of your experience, not all of it.

Reflection

Where was it in my body, and what was it like?

What happened when I stopped fighting it?

What might I do, with this feeling along for the ride, that I have been putting off?

Go carefully

If the feeling becomes overwhelming, open your eyes, press your feet into the floor and look around the room. Come back to it another time, or with me in a session.

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