

Noticing and Accepting Feelings

In the same way that our breathing comes and goes, our feelings are always changing too.

Sometimes you might feel happy, sometimes sad, excited, upset, worried, or kind...

Let's practice noticing and accepting feelings.

Find a comfortable posture and close your eyes or allow them to rest on the ground in front of you.

(Bell)

Take a few mindful breaths, just noticing each in breath and each outbreath, and letting the breathing flow normally.

(Pause)

Now, turning the spotlight of your attention to look within, see if you can notice how you are feeling right now...

Maybe you're feeling happy, sad, bored, joyful, peaceful, or kind...

Or maybe you feel kind of like a sunny day – all bright and clear... or

like a rainy day, kind of heavy and watery... or maybe you're not really

sure how you're feeling, which is ok too...

Keep noticing your breathing, in and out, and remember that whatever you are feeling right now, is ok.

(Pause)

Let's use some silent words and our mindful breathing to notice how we're feeling and to remind ourselves that it is ok to feel this way.

Breathing in and out, notice how you're feeling right now in this moment and see if you can name it silently in your mind.

(Pause)

For example, I am feeling happy right now, so as I breathe in and out, I am going to silently say "I am feeling happy." I am not going to say it out loud, just with my thoughts.

You try it. If you're not sure, you can just say silently to yourself, "I am not sure how I'm feeling..."

(Pause)

Now breathing in and out, we are going to accept our feelings, which means that we are not wishing that we were feeling something different... we are just going to practice being ok with whatever it is we are feeling right now.

So breathing in, you can silently name how you're feeling.

And when you breathe out, you can silently say to yourself, "it is ok to feel this way."

(Pause)

Breathing in: "I notice how I'm feeling."

Breathing out: "It is ok to feel this way."

Breathing in: "I notice how I'm feeling."

Breathing out: "It is ok to feel this way."

Now you can stop saying the silent words and just notice your body breathing again... just noticing each in breath and each out breath.

Very good, now we sound the bell, smiling, breathing and listening to the bell.