

Mindfulness for week beginning 08.02.21 – focus on breathing

MAKING SPACE

In a turbulent world where so much is out of our control, what if we practiced radical acceptance of our feelings? And simply breathed in to any feelings that come, instead of trying to calm or neutralise them?

What if we taught our children and young people that there is no shame in having uncomfortable feelings?

Anger, jealousy, resentment, irritability to name just a few – they are all adaptive and healthy responses to the challenges of living in the world. We are allowed to feel these feelings. Inside these feelings, there is energy that simply hasn't found its direction yet.

This exercise helps to give uncomfortable feelings the space that they need. It is a creative exercise where we make room for them in our body, allowing space where we normally try and squash them down. By allowing them space, they gave potential to turn into energy, rather than them developing into anxiety, sadness or lethargy.

Exercise

Notice your breathing. With each out breath, sink deep down in to your core; in to the place where there are no words.

What feeling do you notice there?

Whatever you find there, accept it completely. This feeling is allowed, make lots of space for it in your body.

Start to breathe DEEPLY into the place where that feeling is. BIG BREATHS. Make LOTS of room in your body for that important feeling.

What does that feeling want to do? We are just imagining, we are not going to act, so the feeling can do anything it wants to. What would it do?

Imagine if, just for a moment, there were no rules. What might you do with the energy this feeling is giving you? There is no judgement here – this is just your body and your mind, imagining.

Phrases to support the ideas that come from this creative exercise might be:

"Yes, I understand, I might want to do that."

"Yes – it's normal to want to act out your anger, and it can be hard not to."

"You're just imagining, there is no shame in this."



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