

# Emotional Awareness Meditation

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

*To begin this Meditation, please bring kind awareness to*

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Drawing mindful awareness to our emotional experiences is one of the most powerful mindfulness practices we can explore. In doing so, we develop a new way of relating to whatever emotions are present. We come to witness it for what it is, softening the mind that relays repeated stories about our experience.

Mindfulness of our emotions requires us to come into contact with the raw experience of the emotion itself. How does it feel within the body? Often, we describe our emotions by recounting why we feel the way we feel, but this doesn't describe how the raw emotion is actually presenting itself within us.

This practice is not about making our emotions right or wrong; it is about developing a new understanding of how emotions present themselves within the body. Harness compassion and patience as you explore this, remaining open to learning something new about whatever emotion is present in you.

### **PRACTICE:**

1. Begin by coming to a comfortable seated position. If sitting presents a barrier for you, you may also consider resting on your back. In either case, ensure that the spine is straight, the chest is open, and the eyes are closed.

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2. Take a few moments to ground yourself by watching the flow of five or six breaths.
3. Once settled, open your inquiry to consider: Is there an emotion present here? You do not need to actively seek anything; simply open your awareness to whatever might be here.
4. If you detect that there is indeed some emotion present (i.e. anger, anxiety, confusion, grief, irritation), consider where that emotion is present within the physical body. It might present itself as any number of sensations, including but not limited to:
  - Tightness
  - Contraction
  - Heat
  - Coldness
  - Pressure
  - Tingling
  - Throbbing
  - Twisting
  - Heaviness
  - Lightness
5. Observe this emotion by noting the sensation, or simply by silently whispering 'feeling'. Notice where the mind may intervene to tell you a story about this experience. When this happens, come back to the raw experience of the physical sensation.
6. Spend three to five minutes with the physical presentation of this emotion (or longer if this feels comfortable for you).
7. To come out of the practice, come back to the breath to ground yourself once again. When you are ready, gently open your eyes.

### NOTES:

Sometimes the emotion we experience may not be traceable in the body. In this case, keep your awareness open to the presence of numbness or to the sheer lack of physical sensation. Know that there is no right or wrong way to experience your body and its emotions.

If focusing on the physical sensation is unsettling for you, remember that you can always come back to the breath to anchor yourself. However, if it feels safe to stay present with it, explore what it is like to experience this physical sensation. Note the way the sensation shifts overtime as you remain attuned to it.