

Feeling and Dispelling Emotions

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Sit and inhabit your whole body.

Allow yourself to feel sadness inside your body. Find this emotion in the lung and large intestine area. Be open for any memories or images that might occur as you do this.

Now breathe into the sadness and on your exhale, let it disperse out through the pores of your body. Inhabit your lung and large intestine area. Inhabit your whole body. Experience what it is like to inhabit a body that doesn't hold sadness.

Allow yourself to feel anger inside your body. Find this emotion in the liver and gall bladder area. Be open for any memories or images that might occur as you do this.

Now breathe into the anger and on your exhale, let it disperse out through the pores of your body. Inhabit your liver and gall bladder area. Inhabit your whole body. Experience what it is like to inhabit a body that doesn't hold anger.

Allow yourself to feel fear inside your body. Find this emotion in the kidney and bladder area. Be open for any memories or images that might occur as you do this. You can allow yourself to feel just a little fear – so that you do not feel more than you can tolerate in this moment.

Now breathe into the fear and on your exhale, let it disperse out through the pores of your body. Inhabit your kidney and bladder area. Inhabit your whole body. Experience what it is like to inhabit a body that doesn't hold fear.

Allow yourself to feel to worry inside your body. Find this emotion in the stomach and spleen area. Be open for any memories or images that might occur as you do this.

Now breathe into the worry and on your exhale, let it disperse out through the pores of your body. Inhabit your stomach and spleen area. Inhabit your whole body. Experience what it is like to inhabit a body that doesn't hold worry.

Allow yourself to feel hunger in your body. Be open to any memories or images that might occur as you do this.

Now breathe into the hunger and on your exhale, let it disperse out through the pores of your body. Inhabit your whole body. Make deep internal contact with yourself. Experience what it is like to inhabit a body that does not hold hunger, to feel satisfied.