

# I Don't Want to Feel This - I Prefer Retail Therapy



This meditation will help you explore how to process your emotional or physical pain.

Find a quiet, comfortable place to sit and close your eyes. Focus your attention on your breath, breathing in and out through the nose. Now recall a stressful event from this past week. It doesn't have to be a hugely stressful event, just something that bothered you or caused you emotional or even physical pain.

Now let's do what I call the "4 B's exercise": They are breath, brain, body and begin again. Going through these steps can help you when you are stressed.

First take a few breaths. Always start with your breath to calm down. Take some inhales and exhales right now. Your breath is always here for you.

Second: brain. Check in for your thoughts around this event.

Recall the incident for a moment and remember what made you feel upset. Now notice the emotions or feelings you may be having. Name them: hurt, angry, sad, irritated, frustrated.

Next: body. Shift out of your head and allow yourself to feel where the stress is in your body by tuning into sensations. Maybe your heart is racing or your chest is heavy. Maybe your throat is tight. Be curious about it. Where is the pain located? If you had to give it a color, what would it be? Does it have a texture? A temperature? A shape? Does it have hard edges? Sit with the discomfort. Instead of trying to fix it or get rid of it, feel it without allowing it to become too intense.

Breathe into that area without thinking about the hurt, anger or pain. Simply feel the sensations coming and going. Allow the pain to be there and give it space to dissolve and shift. Notice that by observing the pain,

# MINDFUL MANTRA: "I WILL FEEL THE PAIN SO I CAN PROCESS AND RELEASE IT."

it diffuses a bit. If a feeling is not attached to a thought, it should lessen within 90 seconds.

Now, begin again. Think about how you would like to proceed.

This exercise can also work with physical pain. Let's try this now. Notice any area of pain or uncomfortable sensations in your body. First, breathe into those areas of discomfort. Notice your thoughts and feelings. What layer of thinking are you putting on top of the pain? What stories are you telling yourself about your dismal future now that you have this pain? Are you adding a layer of emotional discomfort on top of it? Now really tune into the pain instead of turning away. Breathe into those areas to relax them. Soften and allow yourself to feel it. Be curious about the location of the pain. Now, begin again.

Instead of being annoyed with it, try to look at the pain as you would a small child in pain. Nurture it and send it healing and compassion.

It may be helpful to imagine a glass of water with dye in it. The dye is the pain, and in the glass you see it clearly. If you put the dye in a lake and give it more space to expand, it dissolves. Put your pain in that lake and let it dissipate.

So, the next time difficult emotions arise or you are experiencing physical pain, practice feeling it in your body without attaching thoughts to it. Concentrate on the sensations and see if you can feel it shift.

Now repeat this mantra to yourself: "I will feel the pain so I can process and release it." Now, continue breathing until the sound of the bell. When you're ready, slowly stretch and open your eyes.