Week 8 Guided Practice 0804

Watch your inner space as it is, adjusting the in and out flow of the breath

Notice what's transient and what stays

Settling in, connecting with the body and the breath with the whole system with an open awareness

And when you're ready bring to mind the emotional driver you've been working with

Either remember or imagine yourself in that moment when you feel the impulse to do that pattern

Feel how it feels in that moment and sink in to that feeling

As you sink in to the feeling, start to explore it, where is it located? How do you experience it?

Are you getting visuals? Is it physical? Auditory?

How does it come to your awareness?

Where is it? how big is it? what shape is it?

Is it moving? or still?

Is there a colour associated with the feeling?

Is there a sound associated?

Is there a smell or a taste associated with this feeling?

Become familiar with this feeling in all its aspects

And when you're ready, allow yourself to speculate

If at some point in the future this feeling were to leave your system

How would it do that?

Would it shrink down to a dot?

Would it expand becoming less dense until it vanished in the mist?

Could you breathe it out, push it out through your feet, push it out through your skin?

How would it leave if it was to leave?

When you're ready ask yourself this question

If at sometime in the future I had the opportunity to let this feeling go could I? Wait for the answer. If no, continue exploring and understanding the feeling.

If yes, then ask:

If I were given the opportunity to let go of this feeling would I? Wait for the answer. And if not continue exploring and understanding the feeling

If yes, then ask yourself if I was going to let go of this feeling, when would I let it go? If the answer is now than go ahead and allow it to let go to leave your system in which ever way it chooses, simply observe, allow, watch the feeling as it leaves your system

And when its completely gone you can explore the space where the feeling used to be

How does it feel in this space now? What's the new feeling? What shape is it? Is there a sound associated with it? A taste? A smell?

Do you like this new feeling? Would you like it to stay? If the answer is no you can repeat the pattern release process.

If yes then talk to it like a person. Invite it to stay. To make itself at home. Just observe.

Observe the new feeling settling in.

When the new feeling is fully established and connected in your system bring your awareness back to your breath to your body to the present moment. If you'd like to wiggle your fingers and toes

Bringing this feeling back to normal waking consciousness

If you'd like to you can roll on to your right side, come to a sitting position and take as long as you like to integrate this new feeling in your system. Take as long as you like. Just enjoy this new feeling.