

Make Room

Placing one hand on your heart, and the other on your belly, take a moment to observe the emotions present in you right now.

If you were to locate these emotions in your body, where do you feel them most distinctly?

Imagine that your emotions are like visitors who have turned up at your door unexpectedly. Some are happy to stay for a cup of tea, others have brought over a suitcase.

You may not like some of the visitors, be it the person they are, the energy they bring or the timing of their visit. Still, try to see them as temporary visitors.

Can you give each visitor -
each emotion - a name?

One by one, invite each visitor -
each emotion - inside your home
and show them to your living
room.

Is there a space where they can take a seat?

At this point, there is nothing else you need to do. You don't need to engage in a conversation or serve cake and coffee. Simply allow each visitor to make themselves comfortable.

Just like with friends and relatives,
you may cope with some
emotions better than
others. However being selective
will only intensify the emotions.
Instead continue to welcome
each emotion present, allowing
them to be.

This is called acceptance. Accepting allows our emotions to move through us more quickly than when we suppress or reject them. So as much as you can, allow your emotions to be what they are, without expecting them to change or go away. Remember they're just visitors.

Now that you've named and allowed your emotions to be present, turn your attention back to yourself.

Is there anything you need right now? If so, what is it?

At this point some of your emotions may start to fade away, even if only a little.

Remind yourself that you are whole and complete. That this too will pass. Even the most unwanted visitors will eventually leave.

Thank yourself for opening up to your emotions today, for giving each of them the space they needed, even when it felt like a hard thing to do. When we make room for all of our emotions by naming and accepting them, we are better able to tend to our needs arising in this moment.

Grow from within.