

# Welcoming Our Emotions

First come into an awareness of a situation in your life where you are troubled or feeling stuck. It could be with a person or an experience. Once you have something in mind replay the situation in your mind's eye.

Movement One: FOCUS and sink into the energy of what you are experiencing.

Movement Two: WELCOME the emotions and body sensations.

Movement Three: ASK the Holy Wisdom to be present to you and this energy without trying to change it. Simply ask the Holy Wisdom to be with you in it.

Movement Four: SAY these phrases silently to yourself

“I let go of my desire for CONTROL/POWER”

“I let go of my desire for AFFECTION/ESTEEM”

“ I let go of my desire for SECURITY”

“ I let go of my desire to CHANGE this situation, feeling, emotion, body sensation, commentary or event.”

Movement Five: LISTEN for Wisdom to guide you as you sit with this situation.

Movement Six: GIVE THANKS In your own way for the gift of this wisdom and the indwelling of divine love.

Questions to Ponder:

1. What sensations are you experiencing in your body?
2. What desire in your current situation is most difficult to let go of?
3. What does Wisdom offer you as you sit with this situation?