

MindfulLiving™ Module 5
Pain-Free Living
Chapter 8 - Reading

“Turning Toward” Difficult Emotions

Adapted by Shery Clein, MindfulLiving™ Coach
Cultivating Awareness Intelligence



(Option 1 for Module 5 Informal Practice)

Please complete the *Turning Toward Meditation* at least once before engaging in this practice.

❖ Beginning with Awareness and Grounding

Start by bringing yourself into the present moment. Ground yourself by physically sensing the support from the ground or floor beneath your feet or the surface you're sitting or lying on. Then, gently direct your full attention to your breath, feeling each inhalation and exhalation.

❖ Turning Toward the Difficulty

Identify the emotion you're experiencing—anger, fear, sadness, impatience, or confusion. Rather than labelling yourself as “angry” or “sad,” notice it as “something in me is experiencing anger or fear.” This helps you observe the feeling without becoming it. Acknowledge the physical sensations associated with this emotion. It might manifest as tightness in the shoulders, chest, stomach, throat, or even a general sense of unease. Allow these sensations to be present, acknowledging them without judgment.

❖ Softening and Allowing

Take gentle breaths to soften your reaction to the difficulty. Imagine you're comforting a loved one or a pet in distress. Place your hand on the area of your body where you feel the most discomfort, such as your heart or belly. Meet this experience with kindness and compassion, recognising it's challenging for anyone.

❖ Seeking the Pleasant

While allowing the problematic emotion to be present, seek something in your life that brings you joy or gratitude. This could be a loved one, a cherished memory, a personal achievement, or a hobby. Reflect on these positive aspects without pushing the difficulty away.

❖ Broadening Awareness & Opening to the Outside World

Expand your awareness to include both your life's complex and pleasant aspects. Broaden your perspective to encompass your entire body and its sensations. Take in the sights, sounds, and sensations around you, and when you're ready, gently return to your daily activities.

"YESTERDAY IS
HISTORY, TOMORROW
IS A MYSTERY, TODAY
IS A GIFT OF GOD,
WHICH IS WHY WE
CALL IT THE
PRESENT."



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Thank you for your valuable participation in the *Pain-Free Living* module of the MindfulLiving™ program. We appreciate your dedication and commitment to exploring these practices. We are here to support you in addressing and overcoming discomfort and obstacles, and we encourage you to enjoy the journey. Please remember, we are just a message away for any questions or additional support you may need. Blessings. Stay Healthy 💕

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