

Pivoting With Compassion Meditation #7

Make yourself comfortable, close your eyes, and begin to let yourself relax... Simply become aware of the rhythm of your breathing, your breath moving in, and your breath moving out... Allow your breathing to take you to a deeper, quieter place within yourself.

Now remember a recent time when you felt trapped in a negative feeling... This may be related to the change you are seeking in your life, or it may have occurred seemingly unrelated to that change. Simply remember the moment when you felt caught in a painful feeling and in negative thinking... What was the predominant emotion that you felt?

Take a moment to be in that situation again, when you were feeling trapped in the emotion... Remember the situation with as much detail as possible... Be there now... Now ask yourself "Who in me is feeling this emotion?" Allow an image to come that represents the part of you that is caught in this negative emotional state. Notice what you see, sense, or feel about this part of you... Take time to listen with compassion to this part of yourself and listen to his or her story... Let it come freely from your imagination...

Now ask this part of you what he or she most needs... You may imagine this part of you talking to you, or you may intuit a response... When you have a sense of what is needed, take time to lovingly respond to this need. Your response may be in the form of words, affection, or as an understanding presence.

When you feel the emotion shift in you, allow yourself to pivot even further. Allow yourself to see what you want to see in this situation that you were in. Begin to think thoughts that feel good to you.

Stay with this meditation as long as you need, until it feels complete. And then when you are ready, you can bring your awareness back to your present surroundings and write about what you experienced.