



Mindfulness of Current Emotions: Letting Go of Emotional Suffering

OBSERVE YOUR EMOTION

- Step back and just notice your emotion.
- Experience your emotion as a **WAVE**, coming and going.
- Now imagine surfing the emotion wave.

- Try not to **BLOCK** or **SUPPRESS** the emotion.
- Don't try to **GET RID** of or **PUSH** away the emotion.

- Don't try to **KEEP** the emotion around.
- Don't **HOLD ON** to it.
- Don't **AMPLIFY** it.

PRACTICE MINDFULNESS OF BODY SENSATIONS

- Notice **WHERE** in your body you are feeling emotional sensations.
- Experience the **SENSATIONS** as fully as you can.
- Observe how **LONG** it takes before the emotion goes down.

REMEMBER: YOU ARE NOT YOUR EMOTION

- Do not necessarily **ACT** on your emotion.
- Remember times when you have felt **DIFFERENT**.

PRACTICE LOVING YOUR EMOTION

- **RESPECT** your emotion.
- Do not **JUDGE** your emotion.
- Practice **WILLINGNESS**.
- Radically **ACCEPT** your emotion.