

Observe, breathe, open up

Take a moment to connect with an emotion or bodily sensation. Now follow the three steps:

1. **Observe.** Identify where the experience is located in the body and focus on the details with interest and curiosity (what part of the body?, where are the boundaries?, what are the qualities? sharp or dull?, surface or deep?, hot or cold?, changing or staying the same?, and so on)
2. **Breathe.** Include with the emotion / sensation a focus on, or connection with, the breathing. Breathe along with the emotion / sensations.
3. **Open up.** Notice any tendencies to move away or avoid the experiences, or struggle with them. Move deeper into them, embrace them, or make room for them instead. Instead of defending against them, allow them to be present. This is not the same as likeing them, it is simply saying “yes” to them, saying “I will have you”, giving permission

Adapted from resources developed by Professor Lance McCracken