

Allowing Life...To Be As It Is...Mini Tool

Time: 10 minutes or more... you choose!

Allowing is about accepting the people and situations in your life. We often have internal resistance to reality which causes us pain and creates unnecessary dis-ease. This activity builds self-awareness around your internal resistance. Once recognized it will help you move into a space of allowing to create more ease and peace in your day.

- Set a timer to go off every hour.
- When the alarm goes off, pause and notice if you are resisting something... are you worrying, complaining, blaming, withdrawing, avoiding or stuffing your feelings?
- If so, tighten your fist and hold it for 10 seconds while in your mind say "no, no, no."
- Take a breath, relax your hand and then say "yes, yes, yes."
- Take a moment to notice what happened inside of you.