



ORGANIC THERAPY NETWORK

# MINDFUL MOMENT

NAVIGATING UNSETTLED EMOTIONS



Find a comfortable and quiet space where you can relax without interruptions. Sit or lie down in a comfortable position, allowing your body to settle into a relaxed posture. Close your eyes gently if it feels comfortable for you, and begin to bring your attention to your breath. Take a few deep breaths, inhaling slowly through your nose, feeling the breath fill your lungs, and exhaling gently through your mouth, letting go of any tension or stress you may be holding onto. Allow each breath to anchor you in the present moment, grounding you in the here and now. As you continue to breathe, notice any sensations in your body. Pay attention to any areas of tension or discomfort, and with each exhale, imagine releasing that tension, allowing your body to soften and relax. Now, bring your awareness to your thoughts and emotions. Notice any unpleasant feelings of discontentment that may be present. Instead of pushing these feelings away, invite them in with an attitude of curiosity and acceptance.

Step into a place of reflection- What activated these unpleasant feelings of discontentment? Is there a particular thought or situation that led to these emotions?

Acknowledge that it's okay to feel these emotions, that they are a natural part of the human experience. Allow yourself to sit with these feelings, observing them with compassion and kindness, without judgment or self-criticism. How do these emotions manifest in your body? Are there physical sensations associated with this discontentment?

As you continue to breathe, imagine these feelings as clouds passing through the sky of your mind. Watch them drift by, knowing that they are temporary and that you are capable of weathering any storm that comes your way. What lessons or insights can you gain from observing these emotions with mindfulness and acceptance?

Now, gently shift your focus to the present moment and activate your senses. Bring your attention to your surroundings, noticing the sounds, and sensations around you. Find beauty in the simplicity of the moment, whether it's the warmth of the sunlight streaming through the window or the gentle rustle of leaves outside.

What small moments of beauty or joy can you find in your surroundings right now?

With each breath, cultivate a sense of gratitude for the small moments of beauty and joy that surround you. Allow yourself to bask in the warmth of gratitude, knowing that even in the midst of difficult emotions, there is still so much to be grateful for.

What are you grateful for in this moment? What insights or intentions will you carry forward from this experience?

When you're ready, gently open your eyes and return to the present moment, carrying with you a sense of peace, gratitude, and inner strength.