

Facing Discomfort



TASK

- Today, practice being alert to difficult situations that may arise.
- Practice paying more attention to *your internal response* to conflict, than to the details of the undesirable situation.

IMPORTANT REMINDERS

- You are not analyzing with your brain, you are *feeling* from your heart.
- Every time you try to ‘relax and breath into the discomfort’, you cut off the energy supply to negative processes in the body.
- Our goal is to nurture a place within us that is *at peace, regardless of external circumstances*. This place is real and exists within us all - however, it must be nurtured appropriately.

STEPS

1. Awareness of Unhelpful Thoughts
 - There are 4 universal human desires that our mind tells us we need to experience, in order to feel good about ourselves.
 - Desire for approval.
 - Need for love or security.
 - Wish for control or to have a guaranteed outcome.
 - Desire to feel unique, important or to stand out in some way.
 - Monitoring unhelpful thoughts decreases their potency and facilitates the development of helpful ones.
2. Root yourself in Non judgmental Observance
 - Ask yourself: “Can I attempt to step back and observe the situation with curiosity, while letting go of any resistance?”
3. Seek the Truth: Offer Compassion
 - Ask yourself: “Can I attempt to see the *deeper truth*, connected to this event or person?”
 - Do the unthinkable: Try to offer compassion to the offending person or stressful life circumstance. This will strengthen you and nurture your place of power beyond imagining. 😊
4. Strengthen your Heart not your Head
 - The heart is far more accurate and far more wise than the mind.
 - Ask yourself: “Is there any component deep within myself that **remains balanced, calm, and 100% at peace**, despite being faced with a difficult life situation?”
 - Breathe into your belly and “feel” into your heart. Try to let go of judgments or worries in your mind. Be still and remain open to experiencing that undisturbed place of power within you