

## Emotional Awareness

Kindly take a seat! Pay attention to make sure that both soles of your feet are touching the ground. Just think that being in touch with the ground means that you are “earthed”. Your body is staying upright but through the soles of your feet you can feel that you are in contact with the floor and therefore in contact with the house in which you are now. By leaning back and straightening your body (with an upright spine – just the way you still feel comfortable) you probably will turn your head upright. Now we have a line from one point on your head along your spine till you come to the point where your tailbone is making contact with the seating of your chair. By comfortably placing your forearm on your thighs you possibly feel your shoulders sagging and unburdening. Feel free to make small movements in order to be seated as comfortable as possible!

While feeling your body from head down to your feet I invite you to relax only as much as it feels comfortable for you at the time being. Feel for example the skin of your head – and whatever you are thinking now is quite alright – and you may sense the tenseness or the relaxation of the skin of your head. To make it a bit easier for you: You could for example crinkle your forehead and then let go again and thereby feel the difference at your scalp. If you like, just let go a bit more – just as much to still feel pleasant. Try to get a feeling for your muscles around nose and mouth. How does that feel? Is your tongue placed relaxed within your mouth? Your lower jaw – is feeling loose? Whatever you feel right now – everything is o.k.

Now we go to your neck and to your shoulders – do you realize how they feel just now? To get a better feeling of this you could try to tense your muscles around your throat, neck and shoulders a little and then to let go again. How does that feel just now? And how does it feel as nice as possible? And whatever you notice right now is quite alright.

Arms, forearms and hands – how do they feel right now? Do they feel loose and relaxed? Are you feeling loose and relaxed? Just sense and feel what might you do good with your arms and hands?

By putting your attention to your chest and your upper back you may notice that the muscles in your chest slightly move up and down, whilst the muscles at your back slightly move sideways whilst you are breathing. Try to feel how it is when “it” breathes (you) - in comparison to when you take a conscious breath yourself. And whatever goes through your mind, it is quite alright.

How is it with your stomach (tummy), pelvis and bottom, your thighs, lower legs and feet? While breathing out could you try to breathe down into your tummy, into your pelvis and your bottom, and into your thighs, lower legs till you come to your feet? And how does that feel? Try to notice what and how you feel and keep it in mind. And when you sense some kind of relief or a tiny little bit of relaxation - just keep in mind how it feels right now.

And now, when observing yourself while you are sitting there, what do you notice? Are you emotionally aware of sitting here? What feels good and where would you like to have some more relief? Can you leave everything as it is or would you like to shift somewhat? Do as you like!

And while noticing your thoughts and feelings what do you realize?

Do your thoughts wander to and fro or do they pass by or .....?

Perhaps you should try to just notice whatever goes through mind and let it pass by. And whenever you like to think of something special – whatever it is – you may just notice it and then let it go if possible. With the same pleasant feeling as just now.

And whenever you realize your emotions, what makes you feel aware of your feelings? Do you feel it within your body? And what kind of emotion could it be which is being felt by you now? Is it possible to just notice this feeling – the same way as everything else which perhaps you might wish to let go?

And if the feeling is nice which you would like to keep – what is it what makes it special to you? Can you just notice it the proper way – with all your senses? Is there a thought or bodily sensation which goes together with this particular feeling? And whatever goes through your mind, it is alright.

And when you slowly become aware what is happening around you, please notice how your feet are in contact with the ground. Notice that you have legs, bottom, a backside as well as a tummy and a chest and hands and arms, shoulders, neck and head. Open up your eyes and let your gaze wander throughout the room and perhaps do a bit of stretching in order to be right back again.

**Excerpt from:** Michaela Huber, The inner garden. A mindful path to personal change. Paderborn: Junfermann 2005, pages 25-27