

Mindfulness Practice: Moving Through The Waves of Resentments*

The following mindfulness practice helps diminish the intensity of resentful feelings, not by running from them, but by going into them and allowing them to run through you. It is helpful to picture your resentful emotions as being akin to a highly compressed tank of gas. As you allow yourself to feel these emotions in your body, you release the pressure inside you, and with time, hardly a trickle of pressure will remain.

1. When a wave or resentful emotions hits you, close your eyes and sit down in a comfortable position where you can be by yourself, undisturbed.
2. Picture yourself as being like the peaceful stillness at the bottom of the ocean, completely unaffected by the storms on the surface.
3. Ignore your thoughts and inner commentary about the resentment, and instead, focus on the feeling/sensations in your body.
4. Refrain from labeling this feeling anger, sadness, guilt or any other such description, and instead, bring your attention to physical sensations you experience and stop resisting them.
5. Because that which you are is safe and still, like the bottom of the sea, silently say 'yes' or 'more' to this ill feeling in your body. Have the courage to allow the sensations to come over you.
6. You may cry. You may feel a tightness and pain in your chest, or perhaps queasy summersaults in your stomach. Whatever the sensation, know that it is just that – only a sensation. Stay with it for as long as you feel comfortable. You can handle it.
7. After the storm has passed - and it will - you may feel a little drained. Most likely, you will feel lighter and uplifted. When you're finished, quietly bring to mind and heart your core value in life and make an inner declaration such as the following:

I am an infinite being and am no longer subject to this resentment. I let it come up and move through me in order to clear yet another obstruction to the realization of my core life value.

* Adapted from...

Hawkins, David R. 1980s. "A-6 Handling Major Crisis," Sedona, AZ: Veritas Publishing