

Written Process for Resolving Uncomfortable Feelings – Written Self Meditation



You can follow these steps yourself for any uncomfortable feeling or you can do the meditation in this lesson, which guides you through this process.

Step 1: Allow your uncomfortable feelings to come forward.

Step 2: Let go of resisting feeling the uncomfortable feeling.

Step 3: Now let go of resisting feeling any opposite comfortable feelings as well.

Step 4: Notice where in your body the uncomfortable feelings reside.

Step 5: Observe where they are. Become the observer of your feelings

Step 6: Keep observing these feelings until they pass through you.

Step 7: Now forgive anything that needs forgiven to release you from any bondage of those feelings.

Step 8: Feel gratitude for having these feelings to help you expand to a higher level of consciousness.