

Listen to Your Feelings Transcript

This is Dr. Amy Saltzman.

This guided meditation will help you sit with the real feelings you have, no matter how big or challenging, and hear what they have to say.

This meditation will help you, as I like to say, “have your feelings, without your feelings having you.” “Having your feelings” means being fully and compassionately aware of what you are feeling. For example, simply noticing without judging yourself when you feel nervous or sad.

“Without your feelings having you” means just tuning in to what’s coming up for you without having the feelings overwhelm you, like getting so angry that you say or do something you may later regret.

With practice you can learn to meet your feelings, no matter how intense or challenging, with kindness and curiosity. This will help you understand how and why things affect you the way they do. Instead of pushing feelings away, you learn what they have to teach you. And that’s empowering.

Let’s begin.

I invite you to sit in a comfortable position. If you are willing, close your eyes, you can do so now. And if not, simply look at a neutral spot on the wall or the floor or the ground.

Start by bringing your attention to your breath... feeling the breath expand and release in the belly.

And when you’re ready, checking in with yourself, and simply noticing what you are feeling in this moment.

Feelings can be described with ordinary words, like sad, or angry, or excited. Or even by descriptions, like bubbly, empty, or fiery. And if you can’t describe your feeling, that’s fine.

Now check in and see where your feeling shows up or lives in the body. Maybe it’s a tightness in your temples. Or a warmth in your chest. Or a tension in your belly.

And now see if you can bring your kind and curious attention to actually *feeling* how the feeling feels. Is it big or small? Is it cool or warm? Is it light or heavy? Soft or hard? Just noticing how the feeling actually *feels* in your body.

And now noticing or imagining if the feeling has a color or colors. Dark red. Pale blue. Neon green. And if it doesn't have a color, that's fine.

And now listening and seeing if the feeling has a sound. Maybe it's giggling, or crying, or yelling. And again, if it doesn't have a sound, that's fine.

Usually it's enough to bring your kind and curious attention to your feelings in this way. And sometimes it's helpful to ask your feeling what it wants from you. Usually feelings want something like kindness, attention, space—or a way to express themselves, like yelling or writing or playing music, or punching a pillow.

Now, whenever you're ready, you can thank your feeling, and return your attention to the breath.

Simply know that each time you practice this, you are increasing your ability to have your feelings, and be aware of your feelings, without your feelings having you do or say something you may regret.

When you are ready, in your own time, you can take three slow, deep breaths. And let your attention come back to this moment.