



This too will pass

Welcome to the RelationKit mindfulness series. This practice will help you move on from any feelings of sadness, of being lonely, of loss or maybe rejection - all very human emotions that we can feel in our life.

Maybe you have just gone through some big changes in your life, or have had some difficult things happen to you? It's important to move through these so that you can make some more space in your life for new positive and exciting things, and not to cling on to the past.

We can move on one moment at time. Each new moment is a new beginning a fresh start.

So, make sure that you feel comfy and begin to relax your body, breathing in, and just notice the breath flowing in, and breathing out, and just notice the breath flowing out. Be grounded by your calming breath.

Your in-breath creating space; your out-breath letting go of any tension.

When you feel calm and more settled, start to think about anything that might be holding you back in your life, with people; anything stopping you from moving on with energy, happiness, love.

Let it come up naturally - whatever comes, let it be there. Accept that it's there fully, you are not blocking it out or pushing it away; you are inviting it up to the surface. Maybe it's doubt, insecurity, a feeling of being lonely, and when it arrives, pretend that you are gently holding it in front of you now, this feeling.

Take feelings of being lonely as an example. If that were there now, just let it be there, accept that's it's there fully, and let this be an invitation to see it clearly, to be with it with kindness and care. Loneliness is a very human emotion. Can you hold this as part of yourself with love and understanding? Staying with your breath to hold you in awareness and making space to ease any emotions or discomfort that comes with that loneliness, as you stay with it, breathing and giving it loving kindness. Can you be willing to work with it? See if you can learn anything from this feeling. Maybe think about any opportunity that might have been missed because of these feelings you're holding onto. Breathe and be with them fully.

And watch how that feeling changes, maybe into something else. Perhaps there's now little flutters of it; it feels different; maybe a more smooth and flowing feeling now; maybe it melts away.

Every in-breath a new beginning; every out-breath a letting go.

Saying the words to yourself if they are helpful:

"This too will pass."

“Each moment is a new beginning, a fresh start.”

You can watch feelings flow through you, rather than staying there, becoming stuck.

If your mind loses focus, notice this has happened, without judgement, and come back to the anchor of your breath.

Let whatever is there for you to arise - stay with it, in each moment breathe with it, and let it naturally flow through you let it happen, and melt away; happen and melt away, in this moment, moment by moment, and breath by breath. Trust this process, and maybe you can recognise when it has passed too. You can watch that happening.

As one door closes, remember there is another door that will open that is better for you.

Your life unfolds every moment, so that means we can handle it in each moment too and tackle things one thing at a time.

If you can live now, act now, decide now, choose now, to be in this one moment, you are moving on, and if you make a mistake, it's no problem, because in the next moment you can start again afresh.

How does it feel to be in this present moment? Different?

Whenever you are ready, take some deeper breaths in and deeper breaths out, and come back to the feeling of your body resting upon the seat or the ground beneath you. Now, start to slowly bring your practice to an end.

You can't work out your entire life all at once. But you can move on, moment by moment.

This moment is the only one we really have.

Gently open your eyes.

Take care of yourself.