

Mindfulness Monday Message #26 – 31 October 2016

One of the central challenges of Mindfulness is thinking about how we deal with emotion. It is easy to be precious about our emotions by privileging them as expressions of who we are. Emotions are important to the human condition. They are intended to be felt. Mindfulness encourages us to think about emotion as being as transient as thought. If we become curious about our emotions, rather than victims to them, you become aware of their life-giving aspect. Above all, Mindfulness encourages you to make choices about what you do with your emotions. When we see we have options, responses to emotions can then become creative rather than habitual.

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