

Acknowledge, accept and release

Sit or lie somewhere quietly with no distraction, then start with three or four slow deep breaths to stimulate your parasympathetic nervous system which will help you begin to feel more calm. Know that this whole exercise should be done with compassion and acceptance of whatever you notice.

Scan your body from the crown of your head down through your body and limbs to see whether there are any areas of tension or discomfort. As you come across any areas of tension notice them and then allow the tissues to let go, then move on down your body. Notice any other areas of pain, discomfort or emotional tension, but pass these by for now as you continue to notice and let go of any tension.

Once you have completed the scan, take your attention back to an area of pain or discomfort, whether this is a physical or emotional feeling. Observe it as you would a bird in a tree or a child playing, without any need to get involved.

Say to yourself:

"I lovingly allow this (discomfort) to be present without query or resistance"

Allow the discomfort to be there and even if it initially builds up and overwhelms you, allow this to happen without any resistance. After a minute or so, say again:

"I lovingly allow this (discomfort) to be present and I let go of the need to change it."

"I accept this (discomfort) and I am learning from it's presence."

The more allowing and accepting you are of this discomfort, the less resistance there will be and gradually it will settle down and even dissipate. Remember, fear and other negative emotions stimulate the emotional brain, which then ramps up the level of pain, so this exercise helps to counteract that while also providing the opportunity to acknowledge any unresolved emotions that might be causing the symptom.

Don't allow yourself to analyse anything, just say the statement in your head, or out loud, and accept that if there is understanding to be gained, it will come to you sometime. If any emotion surfaces, acknowledge it and breath it away. Be mindful only of each moment and allowing of whatever happens without resistance, query or trying to intervene. Whatever happens is right in that moment.