

## Obstacle #3 - Difficult Emotions

Part 10.2

# Inviting Everything in for Tea

find your  
comfortable seat  
and allow your eyes  
to close



We can start just with our few  
deep breaths at the beginning.

breathing in

breathing out

breathing in

breathing out

allowing your breath to return to  
its natural rhythm



we can set an intention for  
equanimity in today's practice

just allowing things to be as they are

setting that intention to be kind,  
and patient

allowing your attention to  
connect with the breath

Practicing your mindful  
breathing.

Just feeling the rise and fall of  
the belly

Whatever you can notice about  
the breath

we're going to work with strong  
and painful, or difficult emotions



This will help you gain some deeper clarity about what you're experiencing.

see if you can notice what  
you're feeling right now

just give it a label

You might be  
feeling calm or  
peaceful.



You might be  
feeling anxious or  
stressed.



You might be  
feeling  
frustrated,  
judgmental,  
fearful



whatever is true for you

just connecting with it



Right now it's like this.

understand that there's no  
correct way to feel

there's nothing we're supposed  
to be feeling

We're just getting in tune with  
how you feel.

What is true in your experience  
right now?

Agitation, frustration,  
concentration, whatever is true.

Just connecting with it.

if you ever become aware of a painful  
emotion, or a difficult emotion



see if you can turn towards it

welcoming it in



as if you are  
inviting it in for tea

whether it's sadness, or anger, jealousy

any sort of negative emotion

first, acknowledge it

“Ah, hello, my old friend,  
sadness. Come in.”

And then invite it into the body,



and connect with the body

See how that emotion feels in  
your body.

What are the physical  
manifestations of this particular  
emotion?

“Ah, so this is how sadness feels  
in the body.”

“This is how anger feels in the body.”

And really connecting with the  
physical feelings.

Just allowing any emotions to be there.

Bringing your awareness to any feelings or emotions that arise.



Not turning anything away.

Just being kind to any emotions  
that arise.

When you notice a strong or  
painful emotion,

just greet it

as if it were an old friend

“Ah, hello my old friend. It's good to see you, come on in.”

We can also understand that all  
of our emotions and feelings

even the painful ones,



are there because they are  
trying to help us

They're trying to protect us.

even if they're misguided,

the intentions are good

just sending some gratitude

“Thank you for trying to help me,  
and protect me, but I don't  
need you right now.”

just taking a moment to notice  
how you feel

Connecting with any emotions  
that are there.



Then we can take a deep  
breath to end.

breathing in deeply

breathing out slowly

Allowing the eyes to open, and  
reconnecting with the room,  
with your senses.



as if you are  
inviting it in for tea

Next Video

How To Deal With Pain in the Body