Mindfulness of Yes

Bring up a difficult situation in your life….That brings up a reaction. Could be a loss, a rift with your partner etc. Let the feelings arise, shame, anger….

Mentally direct a stream of NO to the feelings….**no no no** … to whatever is happening.

As you do. Feel what this is like in your body, heart and your mind.

How would life be if you continued to encounter these feelings and experiences with ‘**NO**’.

Take deep breaths, let go of this stance by shifting your body.

Now reflect again on this aversive situation.

But this time let there be a stream of **YES**. Agree to whatever arises. Bring your mouth to make the shape of a half smile.

Even if the experience is one of anger, notice the NO and hold it in a gentle larger space of **YES**.

What is it like in your heart, mind, body now?

What would your experience be if you could bring the spirit of **YES** to difficult experiences?