

## MEDITATION TO SOOTHE DIFFICULT EMOTIONS

Dear Unicorn,

Do this guided meditation when experiencing difficult emotions.

This type of meditation has been my rescue kit for years. I have it on my bedroom wall. I hope it serves you too.

Instructions:

Do this guided meditation sitting down or in the lotus position (pretzel pose).

If you choose to do it on the floor, make sure that your pelvis is higher than your knees. Get a cushion or two to support your sitting

Place your hands on your lap. Uncrossed your legs if sitting on a chair. If you need to regulate your breathing, place one hand on your heart chakra (chest) and the other on your sacral chakra (by your belly button).

Slowly read each sentence, quietly in your mind.

When breathing in, allow the air pass from your chest to your tummy. Exhale for a longer period of time than when you inhale.

The most important part is that you have created a slow rhythm of breathing.

Do not exhale through your mouth specially if you feel anxious.

Breath slowly not deeply. This will help you regulate your breathing.

Give yourself a couple of minutes between segments.

Recite this with different emotions that you may be experiencing during your day.

You can repeat this guided meditation until your difficult emotion/s have lessened or disappear.

Much love,  
Freedom



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BREATHING IN, I AM BREATHING IN.  
BREATHING OUT, I AM BREATHING OUT.

BREATHING IN, I SAY HELLO TO MY SUFFERING (OR ANGER, FEAR, ETC.).  
BREATHING OUT, I SMILE AT MY SUFFERING.

BREATHING IN, I ASK MY SADNESS, "WHY ARE YOU HERE TODAY?"  
BREATHING OUT, I LISTEN TO MY SUFFERING.

BREATHING IN, I INVITE MY FAITH  
BREATHING OUT I SMILE AT MY FAITH

BREATHING IN, I ASK MY FAITH, "WHAT IS YOUR MESSAGE FOR ME TODAY?"  
BREATHING OUT, I LISTEN TO MY FAITH.

BREATHING IN, I INVITE LOVE  
BREATHING OUT, I RELEASE THE REASON OF MY SUFFERING.

BREATHING IN, I SMILE TO LOVE.  
BREATHING OUT, I TELL LOVE, "THANK YOU FOR BEEN HERE."

BREATHING IN, I ALLOW LOVE TO ENTER MY HEART, SOUL AND MIND.  
BREATHING OUT, I HAVE ARRIVED, I AM HOME.