

Naming our Emotions

Class Summary

- We expand our awareness of emotions by naming them as they rise within us
- In the case of stress, when you become aware that you're feeling anxious, afraid or depressed, you can name the emotion and in doing so, you will lessen your resistance to it
- It's through this reduced resistance, by naming and accepting the emotion, that you lessen the suffering inherent within it
- When we pursue things relentlessly, it brings about feelings of suffering
- To prevent this, we start by recognising and naming emotions, then let them be
- We do this by alternating between two different kinds of mind training, Open Monitoring & Focussed Attention
- Open Monitoring - We let the feelings come to us, acknowledge them, then name them
- As we name them, we let them sit with us and in doing so, the feelings fade, as the resistance to them fades
- Focussed Attention - When feelings fade, or become too intense, we focus our attention back to the breath
- During practice, we alternate between the two states, open monitoring and focussed attention
- By practicing like this, we learn how to recognise and respond to our emotions during our everyday lives
- We learn to acknowledge them, name them, let them rise & fall, then focus our attention back to our breath
- As a result, we make better decisions, become less reactive and less stressed