

## How to deal with difficult emotions: Learning to ride the waves of our emotions

Divorce is one the best time to learn to ride the waves of our emotions. Riding the waves of our emotions means becoming present, moment to moment. It means connecting to our emotions and being deeply present in our bodies without getting swept away by the story of our emotions, and yet not avoiding or repressing our emotions either. Learning to be present with our emotions in this way can be especially healing. If you have had the tendency to avoid your feelings by any of the myriad of addictions that may arise or simply by not being present in your body, then learning to be in your body and release the emotions as they come up in the moment can be a great skill to develop. Try this, the next time a deep wave of emotion comes up whether it's sadness, anxiety, fear or what have you, decide that you will not move away from it. Do this when you have about 15 minutes where you can be quiet. Sit down, close your eyes, and begin to just feel the pure sensations in your body. Your mind will probably be keep coming back to a particular story. That's ok, just keep bringing your attention back to the pure presence of the sensations in your body. Notice your breathing. Know that whatever you're feeling is OK. When you release any resistance or judgment you have toward the feeling, it will begin to dissolve. Sometimes it helps to put one hand on your belly and one hand on your chest, to help stay present and grounded in your body. Keep

noticing the sensations and welcome or allow whatever is arising. As counter-intuitive as that may sound, I urge you to try it and see what happens for yourself. You may be pleasantly surprised.

In gratitude and service,  
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