**Facing Aversion – Instructions**

**This meditation should be conducted sitting down. Its purpose is to turn towards difficult feelings, thoughts and emotions rather than avoiding them.**

**Step 1 – Breath and body awareness:**

1. Concentrate on your breathing, starting with the nose and mouth, then the chest and then the abdomen.
2. Now focus on the parts of your body in contact with the floor and/or chair, feel the weight and contact.
3. Now focus on where your skin meets your clothing, feel the touch of your clothes on your skin.
4. Now focus on the space just outside the body, where you inhabit space.
5. Now reverse the process, from space, to skin, to surface, to breathing and finally to mind.

**Step 2 – Facing Aversion:**

1. If you notice your attention being taken away from your breath and body awareness to painful thoughts, emotions or feelings:
2. Become mindfully aware of the physical sensations generated in the body alongside the thought or emotion.
3. Move the focus of attention into that area and ‘breathe into and out of it’ turning the spotlight of your attention to the physical sensation rather than avoiding it.
4. Notice the effect that this has on the other associated feelings without labelling them, just allow them to occur naturally without commentary.
5. You may want to give yourself permission to experience these unpleasant feelings by saying to yourself “it’s ok, whatever it is, let me be open to it”.
6. Acceptance is not resignation; it allows us to become fully aware of any difficulties and chose to respond skilfully, rather than automatically.