**Uncertainty and Fear: Allowing Our Feelings In – the good, the bad and the ugly**

**Mindfulness meditation** is paying attention to the present moment, noticing what’s happening around you and in you, including thoughts and feelings, without judging them. Accepting things the way they are, including ourselves.

**How mindfulness helps** when working with our emotions: Gives us the opportunity to gain clarity about what’s happening, recognize the kind of suffering we are experiencing and choose our response.

**Two Kinds of Suffering**

Unavoidable suffering – birth, old age, sickness and death

* Use RAIN technique to “be with” emotion
* Use grounding techniques – go for a walk, feel your feet on the floor, place your hand on your belly
* Recognize our common humanity – other people are feeling this
* Turn our attention to small acts of kindness – in recognition of our common humanity/suffering helping someone else can give us a feeling of making a difference

Avoidable suffering - the stories we tell ourselves about the unavoidable stuff (usually involves blame)  
Check our thinking:

* “And my life is blessed”
* Is anything bad actually happening right now?
* Yes, and what else is true?

RAIN technique

Let go of the story (as best you can) that you have about what is happening. Turn your attention toward the feeling(s) that you are experience.

* R – recognize the emotion you are feeling, name it if you can
* A – allow yourself to feel it, is it ok with you to feel this way? Notice any judgments about this feeling
* I – investigate how it feels in your body, notice if this feeling is familiar to you,
* N – non-identify, which means to recognize that this is not just your feeling but a common human feeling

Here is a [link to an article](https://www.mindful.org/tara-brach-rain-mindfulness-practice/) by meditation teacher Tara Brach about the RAIN technique

**RESOURCES**

Local groups (now available virtually)

Portsmouth Library: <https://www.cityofportsmouth.com/library/weekly-meditation>   
 Wed 12:15 – 1:00 pm Online with Zoom  
  
Gateway Taiji Studio: <https://www.gatewaytaiji.com/> Tues and Fri 7:30 – 8:15 am  
 Online with Zoom

Websites with Guided Meditations

Mindful.org: <https://www.mindful.org/> – has great short articles about all aspects of mindfulness  
  
Insight Timer: <https://insighttimer.com/> – available as an app for your phone, has a timer that you can set for silent practice   
  
Korabek Training: <https://www.korabektraining.com/resources/> - short guided meditations including a **10 minute one for daily practice.** Click on Resources under Why Mindfulness?   
 Feel free to contact me if you have any questions about mindfulness meditation.  
 Liz Korabek-Emerson [liz@korabektraining.com](mailto:liz@korabektraining.com?subject=Question%20about%20mindfulness)