



Tergar Meditation Group

Meditating with Emotions

Over the following nine sessions, we will explore the practice of using emotions as a support for mindful awareness. Below you will find more information on the topics we will be meditating on, as well as suggested weekly readings from Mingyur Rinpoche's books, meditation instructions for use in daily practice, and links to useful online teachings.

The Practice of Meditating with Emotions

Under normal circumstances, when we experience an emotional reaction we identify with the feeling. When we feel angry, for example, we become the anger. In meditation, we learn to be with, rather than become, our feelings. We can appreciate our emotions as part of our inner landscape, while not losing sight of the purity and goodness of awareness itself.

Reading: *Joy of Living*, pp. 168-171

Meditating with Emotions in Daily Life

As we go about our everyday lives, emotional reactions continually move through awareness, informing the way we experience the world and reinforcing our sense of self. This stream of feelings is so pervasive that we often forget it is there. We take our reactions to be objective realities rather than subjective interpretations. Though they can lead to anxiety and chronic dissatisfaction when we let them rule our lives, our feelings can also be gateways to awakening if we learn to experience them with mindful awareness.

Reading: Review *Joy of Living*, pp. 248-252

Meditating with Emotions in Difficult Situations

When faced with challenging situations, our emotions take over and it becomes more difficult to differentiate our interpretation of an event from the event itself. The story we create around an experience often persists long after the situation ends, consuming a tremendous amount of mental energy and creating stress in the body and mind. By bringing awareness to our reactions, we begin to see that we are much more than our thoughts and feelings. In the midst of emotionally charged situations, awareness itself can provide us with a sense of calm, even while the waves of powerful emotions rage on the mind's surface.

Reading: *Joy of Living*, pp. 11-14; 21-24



~ Daily Meditation Practices ~

Sitting meditation practice¹

- Begin by resting in open awareness:
 - Relax your mind and remain present.
 - Don't try to focus on anything in particular or control your mind, yet do not get lost in thoughts either.
 - Leave all of the sense doors open, without trying to block any aspect of experience.
- Next, rest your awareness on emotions:
 - Bring your awareness to the emotions that are present, resting your attention on whatever words and images are present in your mind, and especially on the feelings in your body.
 - Let your feelings and reactions come and go freely, observing their natural flow.
- End by letting go and resting once again in open awareness.

Meditation in action

- When you wake up, set the intention to be aware of your emotions throughout the day.
- Remind yourself of this intention as often as you can:
 - Pick specific moments to remind yourself, such as during breaks, at meal times, or when you get up to do something.
 - Place reminders, such as sticky notes, around your home and office in places where you will see them frequently, or use digital reminders on your computer or phone.
- When you remember your intention, observe the feelings that arise in relation to what you are doing in the present moment. Don't control your reactions. Just be with them as they come and go.
- Come back to this practice as often as you can throughout the day.

¹ If you are new to meditation, we recommend that you start by meditating twenty minutes each day, either in one session or two ten minute sessions.



~ Teachings, Guided Meditations, and Other Resources ~

Online Readings

- [Working with Emotions](#) by Mingyur Rinpoche

Online Videos

- [My Story, Part I - Using meditation to deal with panic attacks, stress & anxiety](#)
- [My Story, Part II](#) by Mingyur Rinpoche
- [Everything Becomes Your Friend](#) by Mingyur Rinpoche

Guided Meditations and Other Online Audio

- [You Need Emotions](#) by Mingyur Rinpoche
- [Guided Meditation on Emotions](#) by Mingyur Rinpoche
- [Center of the Cyclone](#) by Myoshin Kelley
- [How to Work with Strong Emotions Like Depression](#) by Tim Olmsted