

Morning II

The living weather

Feelings move through you the way weather moves across a sky.
This morning, we learn to watch them with kinder eyes.

The practice

1. Settle where you are, and take a few slow breaths. Feel the ground holding you.
2. Ask gently: *what is the weather inside me, right now?* Notice it without changing it.
3. Give it a simple name, a word or two: heaviness, restlessness, a quiet grey, a bright ache, an unexpected calm.
4. Sense where it lives in your body, and let it be there, the way you would let rain be rain.
5. Offer yourself: *"This, too, is part of me, and it is allowed to move."* Watch one breath, and notice that nothing stays exactly the same.

A question to sit with

What changes when I let a feeling be felt, instead of asking it to leave?

An invitation to nature

Look up at the real sky today, for one full minute. Notice its weather, whatever it is. Let it remind you that everything moves, and everything passes.

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