

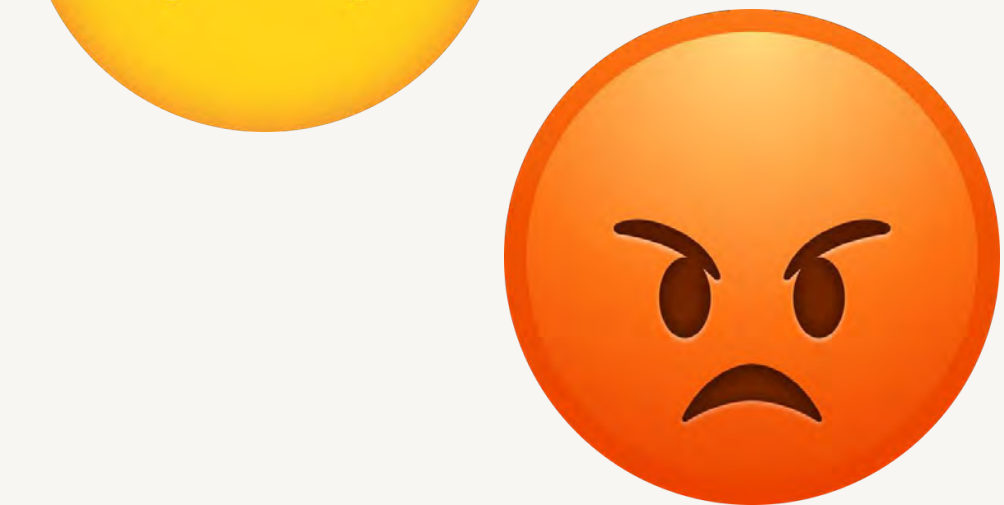


EMOTIONS IN MOTION *EXPECTATIONS RETIRED*

With Jenine Camins,

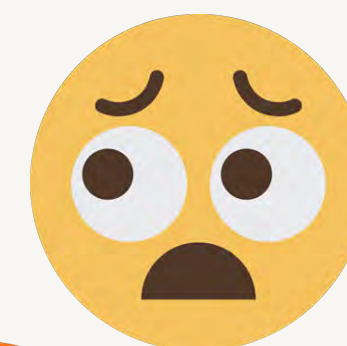
Certified Meditation and Mindfulness Trainer

EMOTIONS ARE PART OF
DAILY LIFE



EMOTIONS ARE DATA,
NOT DIRECTIVES

OUR RESPONSE TO EMOTIONS



THE GUEST HOUSE

By Rumi



This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,

Still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

BE THE SKY



- You are not your passing thoughts or feelings.
- You don't have to control your emotions. Just notice them. They are not permanent.
- Like the sky, you have space to hold your emotions without being overwhelmed.
- What's present now?



Recognize

What's here right now?

Allow

Let it be
here.

Investigat
e

Where do you feel it in your
body?

urture

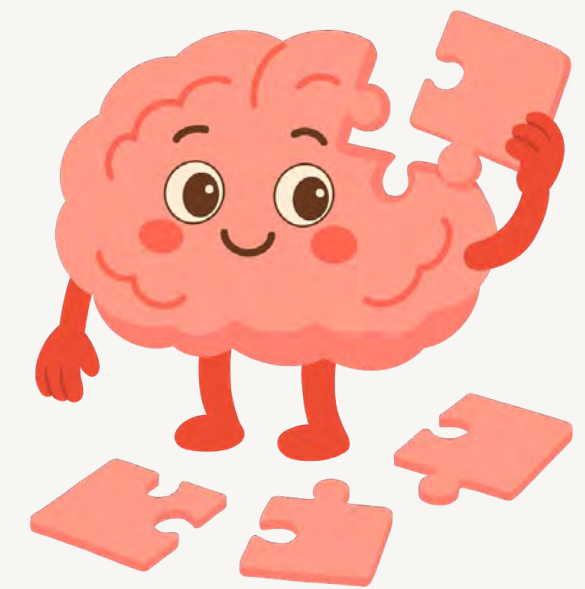
What do I need in this
moment?

N

NAME IT TO TAME IT:

We move from simply experiencing a feeling to observing it, reducing distress

**DATA FOR OURSELVES AND
THOSE AROUND US.**



- **Emotions are “guests”**
- **Be the Sky**
- **RAIN**
- **Name It to Tame It**

Why is it

hard?

SHOULD

Expectations that we hold ourselves

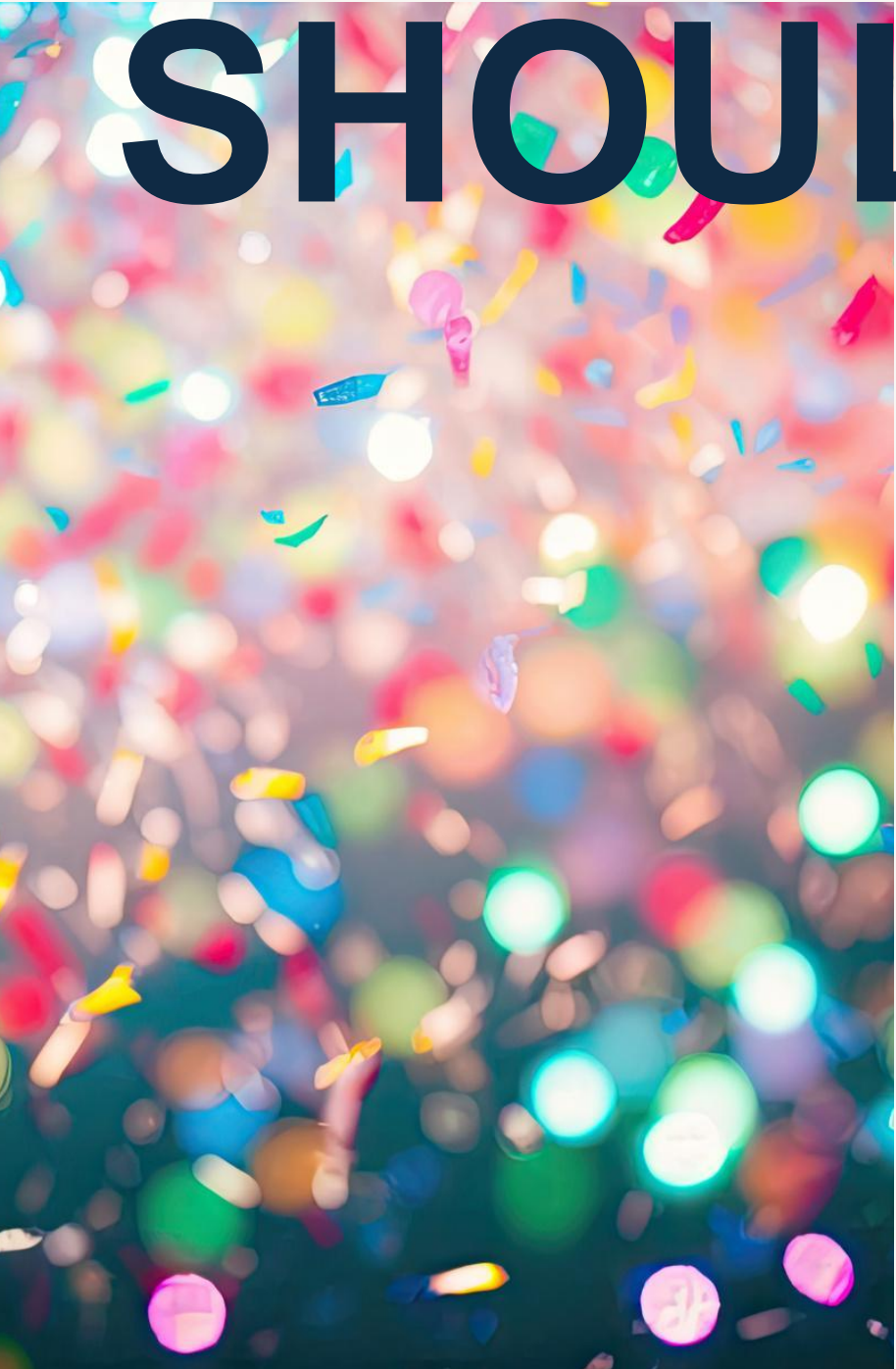
to

- Every should is a barrier between you and “the sky”
- It tells you your “weather” is wrong
- Doubles the burden: the emotion PLUS shame about having it
- Makes emotions stick instead of move
- Puts unnecessary pressure on ourselves.

I SHOULD...

- be able to do this
- exercise every day
- stay positive
- push through the fatigue
- accept help gracefully
- be grateful it's not worse
- be handling this better
- never feel resentful
- know what to do
- be patient all the time
- be able to manage everything
- put their needs before mine
- never feel exhausted
- never get frustrated

IT'S TIME TO RETIRE THE SHOULDs!



- It is not lowering standards or giving up
- Makes space for what actually is
- Releases us from unfair expectations
- Removes judgement

RETIRE YOUR “SHOULD”



- Write one should that you are ready to “retire”
- Silently release yourself from this should
- Rip off the key from the paper
- Keep the key, and put the paper in the gift box
- Rehearse what you’ll do if that should comes knocking again

**RELEASE THE
SHOULD-
INVITE THE SUN**

