



EMERGE

Create a New Habit

Overview

- Welcome & housekeeping
- Opening poem - The Guest House by Rumi
- Caring for yourself in the face of fear and overwhelming emotions
- Closing quote - And the people stayed home

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!

Caring for overwhelming emotions



When the nervous system is flooded, and when we feel overwhelmed by painful emotions, what helps?

Make room



"We have to learn to accept everything we meet: to accept to feel weak, fragile, vulnerable, ignorant. Only in this acceptance of futility can we, with our tears, soften the alarm and frustration and activate our parasympathetic nervous system, where the heart opens and we give compassion to ourselves." - Britt

Connect with yourself



"Perhaps our dreams are there to be broken, and our plans are there to crumble, and our tomorrows are there to dissolve into today's, and perhaps all of this is all a giant invitation to wake up from the dream of separation, to awaken from the mirage of control, and embrace whole-heartedly what is present." - Jeff Foster

Connect with others



"Adults remain social animals: they continue to require a source of stabilization outside themselves. That open-loop design means that in some important ways, people cannot be stable on their own - not should or shouldn't be, but can't be...Stability means finding people who regulate you well and staying near them." - A General Theory of Love

Move the emotions



Emotions, like water, need to move.

In the face of separation, you may notice more fear.

More frustration, irritability, and impatience.

You may notice more bossiness, or worry, or attempts to control.

Give yourself outlets to drain it all.

Attend to the next thing



"So when confusion or pain seems to tighten what is possible...when worry or fear agitates the peace right out of you, try lending your attention to the nearest thing. Try watching how the dust lifts and resettles when you blow on it." - Mark Nepo

The RAIN of self compassion



- **Recognize:** what am I feeling?
- **Allow:** just let it be there.
- **Investigate and become Intimate:** become more intimate with your experience. What do you feel in your body? What emotions and thoughts arise?
- **Nurture and Non Identification:** what kind of nurturing does this part of you need? Non-identify - this emotion isn't who you are, but a passing experience.

Coming to emotional rest



We come to rest not by striving to make our experience different, but by opening to what is arising exactly in us in the moment, and welcoming it. It's our acceptance of what we're feeling - and what is needing care - that drains the anxiety, frustration, and agitation that pushes us to 'fix.'

And the people stayed home



And when the danger passed,
and the people joined
together again, they grieved
their losses, and made new
choices, and dreamed new
images, and created new
ways to live and heal the earth
fully, as they had been healed.
~ Kitty O'Meara