

S.A.F.E

- **Soften** – When a vulnerability arises, whether it's a feeling of sadness, anxiety, grief, anger, or shame, take a moment to gently soften awareness into that area of the body. At this point you are just resting your awareness into this area. If it helps you can say, "Breathing in, I am aware of this vulnerability, breathing out softening into it."
- **Allow/Accept**– We're not striving to change this feeling, or make it any different, we're just allowing and letting be. Acceptance doesn't imply that you are okay with it or want it there, it's simply acknowledging the reality of its existence. Here you are just saying to yourself, "allowing, allowing, allowing."
- **Feel into it with kindness** – Now we have the opportunity to deepen our awareness and investigate the feeling. You may choose to put your hand on your heart or wherever you feel the sensation in your body. This applies love or kindness to the feeling which may shift it all by itself. The brain also has to map the sensation of the touch with is inversely correlated with mental rumination, turning the volume down on negative thinking.
 - ❖ As you feel into it you might ask, "What does this feeling believe?" Does it believe you are unlovable, unworthy, or perhaps that if you allow it to be, it will consume you?
 - ❖ Ask the question, what does this feeling need right now? Does it need to feel cared for, to feel secure, to feel a sense of belonging?
 - ❖ Whatever the answer, see if you can wish that for yourself. For example, May I feel loved, may I feel secure, may I feel a sense of belonging. Make this personal to whatever your needs are.
- **Expand awareness and wishes to all people** – Whatever your vulnerability, it's important you know you're not alone. Feeling vulnerable is part of the human condition and millions of people struggle with the same source of vulnerability that you experience. But when we're feeling vulnerable with anxiety, depression or shame, it becomes all about us, we need to also impersonalize the experience and get out of ourselves.
 - ❖ Now is the opportunity to make that realization real by imagining all the other people who struggle with this same feeling of vulnerability and to wish them all the same prayers that you just wished yourself.
 - ❖ For example, May we all feel loved, may we all feel a sense of safety and security, May we all feel that sense of belonging, etc...



See what you notice.