

Letting Go and Being Free
NVC Academy Class #2
May 2, 2018

Exercise for class:

To the degree that we are in distress, disconnection, judgment is the degree of our resistance. The transformational process involves moving from resistance to accepting and allowing.

Exercise in Transforming: It is very important in these exercises that you focus on only the essential aspects of your experience, with very little talking about background story.

Take your time, and proceed slowly breathing, gently...

1. Bring your awareness an experience in which you were triggered.
2. Name the stimulus.
3. Feel any reactive constriction as a resistance.
4. Name the thinking/story in the resistance.
5. Notice emotional feelings, especially any feelings of pain or distress.
6. Sense the longing in the thinking/story.
7. Feel the vulnerability in the longing.
8. Allow the beauty and fullness in the need to emerge.
9. Dwell in the energy of fullness in the body.
10. Gently bring the original stimulus in your awareness, and notice what occurs in your experience.