

Dialogue with your Distress

From “*How Now - 100 ways to celebrate the present moment*”, by Raphael Cushnir

As soon as we become upset about something, our minds shift into overdrive. They want to understand the situation, get control over it, and figure out the best possible resolution. The mind usually doesn't realise, or like to admit, that all the information necessary to resolve most distress is already present. In order to access this information, we just need to tune in.

The Practice

Distress, in this context, means anything at all that's causing you to feel bad. It could be a headache, an insult, or a fight with a friend. The next time you're feeling bad, catch yourself before you launch into a mental dissection of the situation. Instead, notice exactly where you feel the distress in your body. Maintain a gentle focus on the distress until you're fully connected to it.

Next, silently ask the distress two questions:

- ☞ What's really the matter?
- ☞ What do you need from me in regard to this problem?

Be patient with your inquiry, as if you were asking the questions of a bright child. On rare occasions, when the answers arrive they will suggest a complete and satisfactory course of action. Most of the time, at the very least, they'll provide you with invaluable insights.