

# TAKE CARE OF EMOTIONAL FLU

## With the practice of Mindfulness

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In flu season people will do more to prevent catching it. Living in a city with close proximity, it is easy for the virus to spread, no matter how careful we are. Sometimes it is inevitable, especially if you have children or seniors at home, if you take public transit, or if you work in clinics and hospitals etc.

Just as flu season potentially harms the physical body, a kind of "flu season" exists on our emotional and energetic level.

Every country, city, organization and family, has its own collective energy. When the members of the group are happy, there is a light collective energy. On the other hand, when the group goes through tough times due to political, economic or natural challenges, the collective energy becomes heavier or denser. If the group collectively lacks awareness, their negative energy is passed onto friends, family, colleagues, even strangers.

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hear their cries,  
Eventually they will pass, as the wind  
eventually dies.**

Here's an example: you have a great day at work and can't wait to share your happiness with your other half. As soon as you open the door, you sense something was wrong with him/her. He/she doesn't look happy. He/she starts whining about this and that. You try to help but he/she gets even more agitated. Your peace and happiness disappears into thin air, and a sense of heaviness starts to take over. You just caught his/her "emotional flu". Like a fly caught in the spider web, the more you fight, the more stuck you get.

Our natural reaction to things we dislike is to suppress, avoid, or fight it. All these methods share the same underlying energy -

resistance. What we resist we persist. Instead of putting up a shield, fighting against these negative energies, mindfulness teaches us to let our guard down and let these energies pass through. Instead of making these energies as our enemies, mindfulness sees these energies as energies.

Think of how a billboard is made. The bigger the billboard, the more it obstructs the wind. In order to withstand the wind, there needs to be air holes so the wind can pass through.

The wind represents our emotions, either our own or others'. We need to let them pass through, rather to fight against it. You may withstand a slow breeze, but definitely not a typhoon!

### TREAT OUR EMOTIONS EQUALLY

It doesn't matter where the energies come from, our strategy is pretty much the same. We need to recognize the emotion for what they are, let them speak, hear their cries, and

eventually they will pass, just as the wind eventually dies down.

The more we judge our emotions, our judgement closes the air holes of our billboard and we have to fight harder and harder against the incoming wind.

With the mindfulness practice, you start to recognize emotions are simply strong winds passing, by themselves. They are nothing personal, not even the energies that come from others. The more we let them pass, the less harm we do to ourselves; the more we fight and resist, the more broken and miserable we feel.

### PRACTICE

Sit quietly, with your spine upright and your hands resting comfortably on your laps or your feet, feel the breathing at the front of your nostril, feel the uncontrolled, natural inhale and exhale, for every single breath. When inhale comes, feel your body, when exhale comes, relax your body. Do this for a few minutes.

When you have gained some calmness and stability, allow the emotions in, feel where the emotions are strongly felt in your body, and place your hand there. Feel this strong tension in the body, breathe into this feeling, observe it and relax into it as you exhale.

While breathing to your emotion, allow it there, say yes to it, and ask your emotion to express itself. Let it talk as if you are listening to your best friend, put all the judgements aside and simply listen. Let the emotions be heard by you, openly, wholeheartedly. Just continue to breathe with it, and let the emotion do its thing. Give your emotion all the time it needs, the space you offer to your emotion has great healing effect.

When the strong emotion slows down and you start to feel a sense of calmness, you can go back to feeling your inhale and exhale. Inhale you feel the overall body, exhale relax your body. Do this for a few minutes. After that, you slowly open your eyes, relax your effort and go on with the rest of your day.

Let what's gone be gone.

This is a practice, not a goal. Practice with an open mind, with no expectation, offer yourself a lot of patience and love. It is the love and the energy of allowing that heals.

You are not alone, but you are the only one who can heal yourself. Trust the healing power within you.