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Pod #494: It's OK to feel sad

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I recognize the fact that life right now is hard...I recognize that life right now feels overwhelming...There are so many things happening in the world that are outside of our control...These feelings have built up and have been building up for a long time...Some moments we're able to move through what is in front of us...Some moments we're able to be present in the moment...But the burden is real...The struggle is real...The emotions are real...So I give myself permission to feel the emotions fully...I give myself permission to be present to all my emotions...I give myself permission to understand that feeling these emotions is natural...I don't have to fight them...They're not the enemy...I don't have to enjoy them...I don't want to wallow in them...But I give myself permission to admit that it is hard...The sadness that I'm feeling is for everything that's been lost...The sadness that I'm feeling is for all of those things that are strained...The sadness that I'm feeling is for all of those things that have been fractured...It is OK to feel this sadness...Because that is where I am in this moment...That is an honest reflection of my experience...I give those emotions permission to be heard...I give myself permission to acknowledge their presence...Knowing that I won't feel them forever...Knowing they are heavy right now, but that this is a temporary state...It's not always going to be this hard...Even though it feels really hard right now...It's OK that I have acknowledged that life feels hard right now...It is OK that I don't know what to say...It's OK that I don't know what to do...It is OK that it all feels overwhelming in this moment...I know I am more than the emotions I'm feeling right now...I know I am more than the emotions that I'm experiencing...I also know that this is the truth for this moment...And I allow myself to feel all my feelings fully right now.

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practitioners how to grow their practice.

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