

“Just noticing, just feeling” practice

Throughout your day, whenever you [experience](#) waves of emotion, let each wave, big or small, serve as a gentle invitation to practice pausing, noticing, feeling, abiding with your experience.

Just noticing... [[emotion or sensation](#)]

Just feeling... [emotion or sensation]

Just noticing...

Just feeling...

Just noticing...

Just feeling...

Just noticing...

Just feeling...

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Practice as helpful.

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Notice how you feel before, during, and after practicing.

Invitation: Make this an intentional daily practice.