

# Greeting-Our-Negative-Emotions Meditation

It is human for all of us to have negative emotions on a daily basis unless we are a seasoned mindfulness practitioner who knows how to prevent and transform them. Whenever a negative emotion arises, be it anger, despair, sadness, frustration, fear, or anxiety, repeat the following *gatha* (verse) silently to yourself for three to six in-breaths and out-breaths.

Breathing in, I am aware of my anger/despair/sadness/  
frustration/fear/anxiety.

Breathing out, I embrace my anger/despair/sadness/  
frustration/fear/anxiety.

