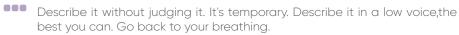


When you become aware of this desire, you get off the "autopilot".

We advice you to use your breathing throughout the exercise. It will help youto remain attentive in the present moment, to respond instead of

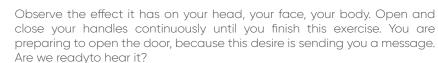
Start by observing your breathing as it is.



## **OBSERVE THE EFFECT** THE CRAVING HAS ON YOU, WITHOUT REACTING

reacting to the urge that knocks at your door.





- If you observe that the desire is fragile and that you can welcome it, we invite you to open the door, even to greet it to come and see you. Pickup the message it brings you and let the envy go.
- Otherwise, take your time, you are not obliged to open it. You can tell it from a distance that you know it is there. That you feel the echo of her strength and intensity in your home! You don't have to open it. Not even if you feel that her strength can destroy your interior. Come back to your breathing. You are safe.

Wait until the craving calms down or until it goes away and leaves you the message it wanted to deliver. Think about this as you watch your breathing.

## What did you need? How would the person you want to beis able to respond to it?

When you are ready, open your eyes, look at your hands and your surroundings. You have welcomed this desire and its message.



## **MEDITATION EXERCISE DURIONG** A CRAVING TO

We congratulate you for starting this exercise, because with this gesture you are taking an attitude of openness and kindness towards the sensations youidentify.