

1. Apply warm pressure: Put your hand on your heart and notice how hard it is for you right now.
2. Notice how it feels in your body as you feel all these feelings.
3. Breathe deeply and feel your breath massage heart.
4. Breathe even deeper and feel some calm come into your body.
5. Feel towards yourself calmly, compassionately, and with open curiosity. This is how it feels to be human right now. How can I support me feeling just like this?
6. Direct any warm feeling towards your sad, tired parts as well as a part of you that pushes you to be different than how you are. Linger. Breathe. Allow it all to be with you right now.
7. Nowhere to go, and nothing to do. Just like it is to sit with a friend who needs you right now, you are sitting with yourself.
8. You are **both** the emotions **and** the calm and compassionate friend at the same time.

That is Radical!