

ANGER MANAGEMENT MEDITATION FOR MIGRAINE SUFFERERS

By

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GUIDED IMAGERY MEDITATION



Settling in - make time to tune in and just breathe

Set aside 15 minutes to sit down somewhere quiet, tune in to your body and become aware of your breath.

Feel the coolness on your inhale and the warmth on your exhale.

Simply notice the feelings in your body.

Start at your toes, wiggle them and move slowly through your body towards your head. Ankles, calves, thighs, sitting bones, feel your weight on the chair. Stomach, chest shoulders, arms, neck and face. Notice your eyes and ears.

Spend time with the sensations, the emotions, and your thoughts that are there.

Sometimes being still makes all of that louder.

Just allow them all to be there. Be present with them.

Allow yourself the space to just feel what is happening for you.

Gently tuning toward your anger

Return your focus to your breath, inhaling and exhaling.

As you sit and feel yourself relaxing, close your eyes and just recall the most recent incident that made you feel angry. Allow yourself to feel the sensations with compassion and understanding.

You may experience pain or sensations in your body, a tight knot in your stomach, heat on your cheeks or your neck. And ask yourself "how am I about this issue of anger?" Describe the sensations – give them a shape, a color, a name and / or a texture.

What else are you noticing? Are you sensing a part of you that feels agitation, an impulse to fight back, yell, or to flee? On a scale of 1 – 10, what is the intensity of the sensation you are having?



Saying 'Hello' to your anger

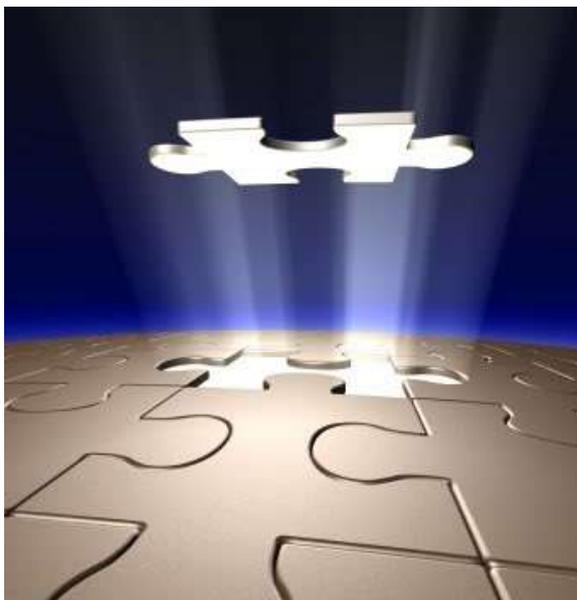
That's right just say hello. Say to yourself "I acknowledge that you are there anger" out loud or internally.

If you can manage it, and if it feels safe (you may need to take this in stages and only go where feels comfortable for today) allow an image to form in your mind's eye that captures your experience of anger.

Rewind a little and see what occurs just before you got those angry feelings. You might get a symbol, or a memory, or you may just get shapes and colors.

Take some time just to be with it. Just observe, without judgment, if you can.

Now change that image. Use a giant eraser to erase it, and draw something new or imagine peeling it off and removing the top layer of the image, as if "it were a mask or overlay."



As you remove and change the image, ask yourself "what's beneath this?"

How does the new image look?

Notice its intensity now, its size, shape and texture. Has it changed? You can repeat this step up to 7 times whilst asking "what's beneath this?" It will depend on your time constraints. Once is just fine.

How do you feel now? On a scale of 1 – 10, compare it to before.



Perhaps try asking it “What do you need?”

“How do you need me to be with you?”

“Does anything need to be changed?”

Maybe you could ask “does part of me need validation or protection? Do I need to set new boundaries?”

“What needs to be honored in me? What line got crossed? What is **not ok?**”

To end the meditation on a positive note I suggest you try asking your body, if it feels right, to show you how “feeling ok” would feel right now. If things were magically solved, how would you feel? What would you see and hear?

When you have spent some time just feeling good and the exploration feels complete for now, bring your focus back in to the room and open your eyes.

Have a pen and paper ready, or start a journal so you can write down what came up. Try not to analyze anything, just write and allow whatever came up to have its own space. Make sure you write down what felt important and what you want to act on.

This process might evoke a need to make changes or take an action step, but I recommend that you just hold it for yourself a little while.

Anger normally means that your boundaries have been violated in some way. Allow your anger to teach you and learn to value your own voice and viewpoint. It may also help you shift some old attitudes and beliefs that are no longer valid.

Leslie Davenport, author of [Healing and Transformation through Self-Guided Imagery](#) has inspired me to share this meditation. She said so perfectly:

“whatever arises, **let patience mature and season your understanding**. Through this kind of exploration, you just may find



that in the right relationship, anger can be a true friend and ally, upholding your safety, valuing your unique viewpoint and advocating for your voice.”

Treat it as your sacred gift of insight for a week if possible.

If we were focusing with migraines (the modality I prefer) we might hold it for months. It could morph into any number of lessons.

Let anger be your teacher, friend and your guide. Allow yourself to revisit exploration of your `issue' until you feel ready and the energy is diffused enough to talk about it calmly.

