

Releasing Your Agenda - Outline

- Find your seat, soften from head to toe
- **Relaxation breaths:** take a few deep breaths, breathing in through the nose and filling the belly, the chest, the collarbones - exhale through the mouth, releasing any tension
- Open ourselves to a willingness to accept life as it is
- **Ask the god of our understanding for assistance** in releasing our expectations that bring us stress and moving to a plane of awareness that embraces acceptance, flexibility, adaptability
- **Observe the breath & release any expectations** of how it “should” be
- Reminder to release jaw, neck, shoulders
- As we release our agenda for our breath, we are releasing our agenda for how the world should be, how our loved ones should be, and how we “should” be
- Exist in this space without judgment
- **Notice how this release of expectations brings a physical release of tension**, creating a soft & gentle space in the center of the heart
- **Repeat a loving kindness blessing** of your choosing:
 - May I be happy
 - May I feel safe and protected
 - May I feel loving kindness
 - May I be filled with loving kindness
 - And may I be held in loving kindness
 - That I may be at peace
- Feel the body continue to soften and open
- **Repeat this loving kindness blessing for a loved one, then to all beings**