

## **Outline/ Breakdown for Meditation: Releasing Your Agenda**

### Introduction:

Get Body Comfortable/ Feet on Floor/ Open Hands on Lap

Eyes closed and gazing through the Sun Center

Relax Neck, Shoulders, Back

Slow, Soft, Gentle Inhales

Soft Exhales - Release Expectations

Release Ideas of How Things *should be*

Release Shoulder, Neck, Back, Hips, Legs

### Dedication:

To Release Expectations

To Accept Life Just As It Is

Ask Lord of our Understanding for Assistance to Help with:

Expanding Awareness

Expanding Flexibility

Expanding Adaptability

Adjusting to Life

Observe *Cool* Breath at Base of Nostril on Inhale

Observe *Warm* Breath at Base of Nostril on Exhale

(Brings Focus to Present)

Release Expectations of how Breath *should be*

Observe Breath Flowing In and Out

Allow Breath to breathe as it knows best

Release our Agenda

For how World *should* behave

For how Loved Ones *should* behave

For how We *should* behave

Move into Place without Judgement

No Right/ No Wrong

*It Is What It Is*

Follow Breath - Inhaling and Exhaling

Release Tension from Body

*Life is Not All Up To Us*

Breathe a couple more times

Release Technique

Sit quietly

Observe Calmness in your Heart/ Feeling of gentleness, softness

Blessing:

Loving Kindness Blessing

First: May I be safe...

(note sensation of spaciousness, openness)

Second: May You be safe...

Third: May All Beings be safe....

End with Gong ringing