

Get into position, mindset for meditation. Breathe, relax, watch breath. Release tension and gripping. Become present. Feel sit bones. Relax in the weight of your body.

Opening dedication of the meditation is to release our expectations, agendas and resistance. Find openness and spaciousness.

Become aware of any tightness or resistance in our physical body. Scan body for areas of tightness or pain. Bring awareness to that area then imagine the breath is going to that place and visualize it softening. Direct it into those muscles. Begin to sense the softening. (You didn't do this, but using light to find those areas could be a good visualization).

Each exhale becomes a release, inhales bring openness and spaciousness. Inhale soft, open. Exhale release. Visualize your waistband loosening.

Visualize space moving into your cells with each exhale. All the tightness is evaporating.

Let the release become a place of acceptance. Inhale, as you exhale release into a feeling of acceptance. Feel the whole body surrendering. In the surrender there is a sense of acceptance.

Bring to mind a person, situation, thought. Practice breathing into that a feeling or situation. Allowing it to be. Accepting it. If you have a physical reaction, breath into the sensation. Exhale all of the tightness.

Use the inhale to breath into the situation, open then soften. Use the exhale to release into acceptance. Think "it is what it is". Release the agenda, release the expectation.

Be open to finding a new way to approach a situation. Open yourself up to a new thought. Open yourself up to a new solution.

End with loving kindness blessing.