

HOME WORK CHRIS ALICK OCT, 15, '22 AMTT-3
OUTLINE MEDITATION
LESSON 3 - RESISTANCE
MEDITATION: IT IS WHAT IT IS

TALKING INTO POSITION

RELAXATION BREATH

BREATH FOR OPENING AND RELEASE

BECOME AWARE OF OUR PHYSICAL BODY

INHALE INTO WAIST BAND

EXHALE RELIEVES WAIST BAND PRESSURE

BECOME AWARE OF OUR BREATH

INHALE INTO THAT PRESSURE

EXHALE INTO RELEASE

RELEASING RESISTANCE, STEPPING INTO ACCEPTANCE

INHALE SOFTNESS

EXHALE TIGHTNESS

INHALE RESISTANCE

EXHALE ACCEPTANCE

RELEASE JUDGMENT, EXPECTATIONS, AGENDA

INHALE SOFT OPENING TO IT

EXHALE AFFIRM "IT IS WHAT IT IS"

LOVING KINDNESS BLESSING