

Letting Go Meditation



1. Sit in a comfortable position with your eyes closed.
2. Take some deep breaths then focus on your toes. First tense them for a few seconds then let them relax as you let go of the tension.
3. Move on to your feet, calves, thighs, hands, arms, shoulders, etc. and progressively tense each muscle group then let go until you reach the top of your head.
4. When your musculoskeletal body feels totally relaxed shift your focus within. Imagine a ball of fire burning inside you that is causing your pain.
5. As you continue to take deep breaths see a gentle rain shower hovering over the fire and gradually dowsing the flames until only ashes remain.
6. Then with each exhalation imagine blowing away the ashes to let go of your pain until you feel peaceful emptiness inside.