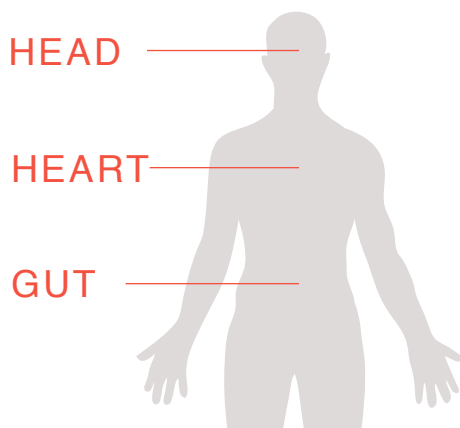


RELEASING - SECURITY, CONTROL & APPROVAL

A meditation practice to support you in embodying Commitment 11

As you do this practice, pay attention to welcoming with your mind, heart and body. Take your time with each step until you have a felt experience of acceptance.



Bring to mind an issue that you would like to shift in your life.

- Step One** Allow yourself to welcome the pictures, sensations and sounds that arise in or as the issue. Welcome as well the labels, stories, judgments, and conclusions—concepts that arise.
- Step Two** Allow yourself to welcome any desire to do anything with this issue, including wanting get rid of it or change it or wanting to hold onto it or make it real, as well as any attachment or aversion to the issue. You may even recognize that wanting to do something is simply part of this issue.
- Step Three** Allow yourself to welcome any sense that this issue is personal – is about you or who you are – any sense of me or mine, them or theirs.

If you do not experience a shift go back and repeat the steps.