**Intentional Letting Go 3-5 minutes**

At certain times in our lives there is probably a person or issue making us feel angry, resentful, caught up, out of control. Most of the time we don’t have to look around too hard to figure out who or what that is. Maybe several things or people.

As a gift to yourself, introducing this practice of intentionally letting go because it’s not good for us to hold on to it. It’s long-term stress and that has consequences for our happiness and our physical health.

When we’re stressed, our body is being flooded by inflammatory stress hormones. We don’t have to delve into WHY the stress there, but intentionally exert some input that is positive, in meditation, can help us let go.

 Perhaps observing that we don’t want this resentment and pain, it’s not good for us can help with the desire to practice letting go.

Moving on is gradual, but practicing letting go can move you forward in your life.

**Intentional letting go practice:**

First, spending time in meditation, noticing the coming and going nature of thoughts, the mind has moods, whims. Sitting and breathing and watching that rising and falling of thoughts.

This will continually be our practice to return to, noticing the arising and passing nature of thoughts.

Practicing not getting involved or enmeshed with thoughts as they rise and fall.

When the mind becomes involved in thoughts, practice letting them go.

If it gets born on the inhale, release it on the exhale.

**Intend to work with pain in this template: acknowledging it on the in breath, releasing it on the out breathe.** Having our difficulty in mind and sitting beside it, as we breathe.

There is something about sitting and breathing with our difficulty as opposed to the usual habitual ruminating that really helps take the acute sting of it down.

Inhabiting the next inhale, the next exhale. Making space for all the feelings they might dredge up, with compassion for ourselves, exhaling- letting go of what we can from that. It’s not all done at one time. We can touch lightly on the practice of intentionally letting go, your breath is your friend, your exhale, release.

And practice again- touching upon it, there they are- our feelings, memories, anxieties, chain of events in the mind, complex as they may be- and practicing with body and mind, **exhaling release.**

**Intend to work with pain in this template, even for a few breaths: acknowledging it, in breath, releasing it, out breath.**

In our letting go our own clarity and wisdom arises.

Ending quote: I am doing my best to meet all of this with forgiveness and compassion, bringing awareness to all of the unpleasant thoughts, feelings, and sensations that are arising and passing through my heart, mind, and body. With kindness, compassion, appreciation, and as much equanimity as I can embody in this present moment, I practice.