Meditation like a prayer

Let’s work directly with the body for anxiety and tension

On your exhale, exhaling worry, anxiety, tension

Breathing in a sense of spaciousness, there’s space for you and all you feel, much bigger space than that which is contained in our bodies

The space around you and the earth beneath you is supporting you

Exhaling allowing the body to release

Notice that things come to mind

If it gets born on the inhale

Release it on the exhale

It may be important, vibrant—still, we inhale spaciousness

Exhale what’s in the mind

You’re not being disloyal to important thoughts

All your thoughts will be waiting for you at the end

Here we take refuge from the constant energy of thought, all thought

Is to be treated as something that arises and passes, if you notice the arising, the passing

Pain and fear might make themselves known, things of the past

These too, exhaled, and a breath of spaciousness inhaled around them

Notice how they might seem smaller

In the vast spaciousness of the inhale

Easier to breathe them out

Some space from the grip that thoughts have on us

All of our thoughts about meditation, exhale, let go

Inhale spaciousness, enjoy the breath

This present moment breath

All of our thoughts that have a cramped, congested, anxious feel to them

Practice; exhaling them, whatever they are and inhaling in true spaciousness

You have space and time

Exhaling fear and pain of change

Inhaling, vast and unknown possibilities in change

Ways I stop myself or abandon myself

Exhaling those habits

Inhaling, attention paid to your very breath, non-abandoning

We bring pain to mind

In order to acknowledge it

Allow

On the inhale

Work with letting go on the exhale.