



THE GET READY PROJECT

Letting Go Meditation

This meditation is intended to help us let go of the thoughts that may cloud our thinking and take us away from the present moment. When we are able to practice meditation, maintaining a single focus and letting go of distractions, we can quiet and often release those thoughts that are not serving us in the current moment.

Meditation does not mean that our minds are completely quiet and free from distractions. It is the practice of noticing when those distractions occur, letting them go and returning to our point of focus. Some days there will be more distractions than others, some days it will take longer to let go. That is totally normal. It's all part of the practice.

Thought Cloud Meditation:

- Establish a comfortable seated posture.
- Get quiet and close your eyes
- Turn your attention inward
- Begin to focus on the in and out of your breath.
- As other thoughts come into your mind, imagine they are encased in a white fluffy cloud.
- Allow the cloud to float across the sky in your mind and gently drift away.
- In the space between the clouds, return your attention to your breath.
- Treat any other thoughts in the same way, envision them floating off as you return your attention to your breath
- Close your meditation with three deep breaths, open your eyes and carry on with your day

Feeling overwhelmed? Check out this guided visualization through Fragrant Heart:

<https://www.fragrantheart.com/cms/free-audio-meditations/relaxation/when-you-are-feeling-overwhelmed>