

# Dropping The Suitcases of Worries and Regrets

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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So, to help you reduce anxiety,  
start by taking a moment to relax your body..  
soften any unnecessary tension in your belly and shoulder,  
and find a posture that feels both relaxed and alert,

Now close your eyes  
or look downwards  
and rest your hands  
in an easy effortless way.

Take a few moments  
to scan your awareness  
through the sensations of your body,  
and wherever possible,  
soften and release  
obvious areas of physical tension.

Aware of your body,  
your body breathing,  
your chest rising and falling with each breath.

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And now imagine standing in the street  
outside of your house with two heavy suitcases  
and know that one of those suitcases  
is full of worries about the future,  
and the other suitcase,  
know that it is full of regrets about the past.

Take a moment standing there in the street  
holding these two heavy suitcases  
and reflect about each one.  
Reflect about the future,  
how it will come on it's own accord whenever it comes  
and that most of what we worry about will  
never happen.

Standing out there in the street,  
reflect about the past,  
the other heavy suitcase.

Consider how the past cannot be changed.  
All we can do in the present is to learn from it,  
put in whatever corrections make sense,  
become more skillful,  
become a better person,  
and move on.

Standing there in the street,  
feeling the weight of these suitcases,  
and absorbing the wisdom of your own  
reflections right now,  
make a conscious decision.

Do you want to drop the suitcase of worry  
about the future?  
And if so,  
simply drop it....

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simply drop it....

Then,  
standing there in the street  
with the other suitcase so heavy about the past,  
make a conscious decision.

Do you want to drop it?  
And if so,  
just drop it....

just drop it....

And as soon as you have dropped the two suitcases,  
walk into your home,  
and take your seat right where you are,  
and plop down,  
so relaxed,  
like someone coming home from a long trip,  
dropping suitcases,  
and just relaxing,  
rested in the present,  
just breathing,  
resting in the natural wellbeing  
of the parasympathetic nervous system,  
resting in the fundamental well-being  
of awareness itself,  
awareness which does not worry or regret,  
resting as if this is meaningful for you

Allow yourself to simply rest  
Feeling a sense of peace,  
of joy,  
of well being.

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### Dropping The Suitcases of Worries and Regrets

A natural happiness.  
Always your true home.  
Without carrying heavy suitcases  
of worries about the future,  
or full of regrets about the past.

Simply rest here  
in your body  
right now  
with total relaxation  
throughout your body and mind...

