

Letting Go

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

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



Letting go is a practice of softly surrendering what no longer serves us. It invites us to melt into this present moment by easing the body and softening the mind.

Whether what we yearn to let go of is physical tension or some inner whisper, we can practice letting go by coming back to the body and by consciously inviting a gentle relaxation to wash through us.

There are many different ways to explore this notion of release. The following practice is a basic body scan that incorporates our intention to let go of what no longer serves our wellbeing. Explore it with curiosity, openness, patience, and compassion.

PRACTICE:

1. Come to a comfortable lying down position, resting on your back with a straight spine. Your arms and legs can rest comfortable on the surface supporting you. Take five to ten grounding breaths and then draw your attention to the crown of the head.
2. As you slowly begin to scan your body from head to toe, notice any areas of tension you come across (thoughts included). Whenever you come across some type of tension, take a few deep breaths into this area (or into this thought). As you inhale, silently whisper: I see you. As you exhale, silently whisper: I am softening.

Letting Go

Mindfulness Worksheet

3. Continue this witnessing and mindful breathing as you whisper:

I see you... I am softening.

I see you... I am softening.

4. In place of 'I am softening,' you might also whisper 'I surrender you.' Choose whichever affirmation resonates with you the most or create your own.

5. After finishing your scan through the entire body, hold your entire being in your full awareness as you ground through the breath for another few minutes. If any other thoughts or feelings arise that yearn to be let go, repeat the same affirmations alongside each breath.

6. When your practice feels complete for the time being, ground yourself through the physical body as it meets the surface beneath you. Open your eyes when you feel ready to.

NOTES:

Letting go is not something we accomplish just because we've told ourselves we want to release something. It is a process that takes varying amounts of time depending upon what we want to let go of and upon other factors. In cases of trauma, working with a mental health professional is advised. Also, this is not a practice that replaces whatever steps we might need to take to effectively manage serious health concerns. For instance, if unusual pain is present, consult your healthcare provider.

Additional practices that may also facilitate the process of letting go include progressive muscle relaxation, mindful journaling, diaphragmatic breathing, and visualization.