



LETTING GO MEDITATION

Find a comfortable place to sit or lie down. Close your eyes, and take a slow, deep breath in. Hold it for a moment, then gently exhale. Feel your body soften with each breath, releasing any tension. Let your muscles relax, starting from your head down to your toes. With each inhale, imagine drawing in calm and peace. With each exhale, let go of any tension or stress.

Bring your attention to your thoughts. Picture them as small, individual clouds floating in your mind. Don't judge them—just observe. Notice how you feel with each thought.

Now, imagine a helium balloon in front of you, its string gently held in your hand. One by one, take each thought and place it inside the balloon. You may notice the balloon getting bigger, but trust that it's holding everything safely. When you're ready, let go of the string. Watch as the balloon starts to rise slowly, carrying your thoughts with it. See it float higher and higher, drifting away, until it becomes a tiny dot in the distance. As it disappears, feel your mind become lighter, more open. Continue to breathe deeply, feeling calm and free.

LETTING MY THOUGHTS GO

What are some thoughts or worries you'd like to let go of?

