

STEP 11 RELAXATION – MEDITATION / PRAYER

[Optional: RELAX and RECEIVE THE WISH FOR WELL-BEING

From a friend of the program.

RELAX *We relax and take it easy. (86: 3)*

Relax the body. Relax the breathing. Relax the mind.

As though lying on a sunlit beach, let us relax and breathe deeply of the spiritual atmosphere.... (12&12, p. 100: 1)

Relax the body

- Let the body arrive here at this place. Sit quietly and comfortably. You may have your eyes closed or open.
- Deeply relax all your muscles, beginning at your feet and progressing up to your face.
- Let all bodily sensations come and go; let them settle naturally in their own way.
- Surrender to the natural power of the body; feel it embody you.

Relax the breathing

- Let the breath be here.
- Let the breath come and go under its own natural power.
- Feel the cool of the in-breath on your nostrils.
- Feel it all the way in, all the way out, breathing you.
- You may pay attention to your breathing. You may count or repeat your own word or phrase or prayer silently to yourself as you exhale. (ie: ... Ah well... Ah well... Ah well... etc.)

Relax the mind

- Let the mind be here.
- Notice any grasping to the thinking mechanism in your mind. Let that release itself, permitting thoughts and sensations to come and to go, to arise and to dissolve under their own power.
- Let go of the thoughts –as letting go of kite strings, or balloons.
- Let the thoughts go – as snow flakes melting into an open winter pond.
- When you notice your mind wandering (it will), you may notice it and passively bring your attention back to your breathing. Take your mind and lead it gently back.
- Rest in that space at the end of breathing out, before the next breath.
- Thus let the mind unfurl and fall utterly open – at ease, free of focus, with the gaze of your eyes totally expansive.

Practice for approximately 20 minutes once or twice a day (or at least 3-4 times per week).]

[Optional: RELAX and RECEIVE THE WISH FOR WELL-BEING

From a friend of the program.

RECEIVE THE WISH FOR WELL-BEING... *and wish us well.*(78:1)

Relax. Think beautiful thoughts. Pass it on.

*God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference. (12&12, p. 125: 2)*

Relax

- Sit in a relaxed way. Relax the body. Relax the breathing. Relax the mind.

Think beautiful thoughts

- Imagine the faces of the ones (benefactors, mentors, allies, great figures, people, family, teachers, pets, places) who made you feel welcome, comfortable, and included; who wished the deepest well-being for you; for you to have joy, happiness, peace of mind.
- Bathe in the loving energy of that wish for you to have deepest well-being, happiness and joy. Bask in the radiance. Feel it and take it in, like a contented puppy or kitten stretching out on a sun-drenched carpet.
- Accept it no matter what you think you deserve, or what you think of them. Trust this loving wish more than the limiting thoughts of yourself and others.
- Receive its healing radiance – like a gentle shower into every part of your mind and body, from head to toe.

- After a little while, join with those who wish you well, saying over and over about yourself:
-“May this one have deepest well-being, happiness and joy.” (x 3+)
- After some time, relax into that loving radiance, beyond separation of self and others.

Pass it on

- After some time, while receiving the others’ wish for your well-being, and taking it in, now also channel and extend that wish to another – sensing them as similar to you in their layers of suffering, and their wish to be free of it. Pass it on, over and over:
-“May this one have deepest well-being, happiness and joy.” (x 3+)

- Feel the power of this practice to pull you beyond your own self-grasping patterns of suffering, and to open you toward the deep tranquility and goodness of your inmost being.

Practice for approximately 20 minutes once or twice a day (or at least 3-4 times per week).]