



# Let Go of Worry

1. Sit in a comfortable position and begin to notice your breath.
2. Take a deep breath in all the way down below your navel, then breath out vigorously making a whooshing sound between your lips.
3. Now, repeat this breathing, but as you breathe in and out say (or think) the following mantras:

*Round one: "I breathe in love. I breathe out worry."*

*Round two: "I breathe in peace. I breathe out anxiousness."*

*Round three: "I breathe in calm. I breathe out stress."*

*Round four: "I breathe in faith. I breathe out fear."*

4. Now, just sit in silence for a moment with your hands over your heart. Notice the calmness that has come over you. If you still feel worried or anxious, repeat the rounds again. Repeat as many times as you need until you feel calm and relaxed.

*"A day of worry is more exhausting than a day of work."*

-John Lubbock