Step 3 – We Made A Decision To Let Go.

Materials needed:

- A Time When You Can Focus on You

- A Quietish Place

- Your Cell Phone or Timer if You Have One

- Calendar/Planner

- Pencil and Paper (Print this paper out and use it if you wish.)

Directions (Have 1 person call these out while practitioners/students listen and follow):

\_\_\_\_ Unless you have ailing loved ones in a 911 situation, turn off all notifications on your electronics -- for good.

\_\_\_\_Ask yourself, “What 1 hour each day would be a good time to read and respond to electronics?”

\_\_\_\_Write that hour on your calendar and keep your phone off except during that hour.

\_\_\_\_ Turn off your computer, games, and all other electronics -- for now.

\_\_\_\_ Turn off your ringer -- for now.

\_\_\_\_ Go to a place where you (or your group) can find the most silence without interruption.

\_\_\_\_ For best effect, take off your shoes and socks.

\_\_\_\_ Alone: Choose a line of 10 to 20 steps, so you can up and down (Walk > Turn Around > Walk > Turn Around)

 Group: Line up like a lunch line (facing ahead) or in a circle (facing ahead)

\_\_\_\_ Stand upright (spine erect as your body will allow).

\_\_\_\_ Keep your eyes open so you can see, but don’t fixate (stare) at anything.

\_\_\_\_RELAX YOUR FACE AND JAW

\_\_\_\_STEP RIGHT FOOT FORWARD

\_\_\_\_ Feel the BOTTOM of your RIGHT FOOT touching ground

\_\_\_\_ Chant (Using Inside Voice To Yourself) “I’VE DECIDED. . .”

\_\_\_\_ LIFT LEFT FOOT and, if you can, BALANCE on the BOTTOM of your RIGHT FOOT momentarily

\_\_\_\_STEP LEFT FOOT FORWARD

\_\_\_\_ Feel the BOTTOM of your LEFT FOOT touching ground

\_\_\_\_ Chant (Using Inside Voice To Yourself) “. . .TO LET GO.”

\_\_\_\_ LIFT RIGHT FOOT and, if you can, BALANCE on the BOTTOM of your LEFT FOOT momentarily

\_\_\_\_STEP RIGHT FOOT FORWARD

\_\_\_\_ Feel the BOTTOM of your RIGHT FOOT touching ground

\_\_\_\_ Chant (Using Inside Voice To Yourself) “I’VE DECIDED. . .”

\_\_\_\_ LIFT LEFT FOOT and, if you can, BALANCE on the BOTTOM of your RIGHT FOOT momentarily

\_\_\_\_STEP LEFT FOOT FORWARD

\_\_\_\_ Feel the BOTTOM of your LEFT FOOT touching ground

\_\_\_\_ Chant (Using Inside Voice To Yourself) “. . .TO LET GO.”

\_\_\_\_ LIFT RIGHT FOOT and, if you can, BALANCE on the BOTTOM of your LEFT FOOT momentarily

\_\_\_\_Set timer: 1 minute for each year of age, or 15 minutes (Newcomers), or 40 minutes (Sponsors/Skilled Practitioners)

Some Examples:

|  |  |
| --- | --- |
| 3-year-old Kindergarten  | 3 minutes |
| 4-year-old Kindergarten | 4 minutes |
| 5-year-old Kindergarten | 5 minutes |
| 1st Grade | 6 minutes |
| 10th Grade | 15 minutes |
| Newcomer | 15 minutes |
| Sponsor | 40 minutes |

\_\_\_\_Walk slowly. . .[slow as a Sleestak](https://www.youtube.com/watch?v=bllBC-ThwjQ). . .until timer goes off. . .as follows:

\_\_\_\_STEP RIGHT FOOT FORWARD

\_\_\_\_ Feel your BOTTOM of your RIGHT FOOT touching ground

\_\_\_\_ Chant (Using Inside Voice To Yourself) “I’VE DECIDED. . .”

\_\_\_\_ LIFT LEFT FOOT and, if you can, BALANCE on the BOTTOM of your RIGHT FOOT momentarily

\_\_\_\_STEP LEFT FOOT FORWARD

\_\_\_\_ Feel the BOTTOM of your LEFT FOOT touching ground

\_\_\_\_ Chant (Using Inside Voice To Yourself) “. . .TO LET GO.”

\_\_\_\_ LIFT RIGHT FOOT and, if you can, BALANCE on the BOTTOM of your LEFT FOOT momentarily

\_\_\_\_STEP RIGHT FOOT

\_\_\_\_ Feel RIGHT FOOT BOTTOM

\_\_\_\_ Chant (Inside Voice) “I’VE DECIDED. . .”

\_\_\_\_ LIFT LEFT FOOT

\_\_\_\_ If you can, BALANCE on RIGHT FOOT BOTTOM momentarily

\_\_\_\_STEP LEFT FOOT

\_\_\_\_ Feel LEFT FOOT BOTTOM

\_\_\_\_ Chant (Inside Voice) “. . .TO LET GO.”

\_\_\_\_ LIFT RIGHT FOOT

\_\_\_\_If you can, BALANCE on LEFT FOOT BOTTOM momentarily

\_\_\_\_STEP RIGHT

\_\_\_\_ Feel RIGHT BOTTOM

\_\_\_\_ Chant (Inside Voice) “I’VE DECIDED. . .”

\_\_\_\_ LIFT LEFT

\_\_\_\_BALANCE RIGHT BOTTOM

\_\_\_\_STEP LEFT

\_\_\_\_ Feel LEFT BOTTOM

\_\_\_\_ Chant (Inside Voice) “. . .TO LET GO.”

\_\_\_\_ LIFT RIGHT

\_\_\_\_BALANCE LEFT BOTTOM

\_\_\_\_STEP RIGHT

\_\_\_\_ RIGHT BOTTOM

\_\_\_\_ “I’VE DECIDED. . .”

\_\_\_\_ LIFT LEFT

\_\_\_\_ BALANCE

\_\_\_\_STEP LEFT

\_\_\_\_ LEFT BOTTOM

\_\_\_\_ “. . .TO LET GO.”

\_\_\_\_ LIFT RIGHT

\_\_\_\_ BALANCE

\_\_\_\_Keep it going. You are doing fantastic! These are more push-ups for your mind.

\_\_\_\_When the timer goes off, sit quietly.

\_\_\_\_Do not make eye contact with anyone.

\_\_\_\_Get your calendar/agenda/paper and think or write:

 \_\_\_\_ “What went well in this meditation?”

 \_\_\_\_ “What did not go well in this meditation?”

\_\_\_\_"When and where can I practice every day?"

\_\_\_\_ “Seriously?!? [Who farted](https://www.youtube.com/watch?v=hib4n9RmFrQ)?”

Notes:

\_\_\_\_You can change the words “I’VE DECIDED. . .TO LET GO.” to whatever works for you. Some examples are:

|  |  |
| --- | --- |
| RIGHT FOOT | LEFT FOOT |
| “I’ve decided. . . | . . .to let go.” |
| “Here. . . | . . .Now.” |
| “Higher. . . | . . .Power.” |
| “True. . . | . . .Nature.” |
| “Sweet. . . | . . .Allah.” |
| “Divine. . . | . . .Presence.” |
| “Holy. . . | . . .Ghost.” |
| “This too. . . | . . .shall pass.” |
| “1. . . | . . .2.” |
| “Calm. . . | . . .Clarity.” |
| “Come to the front. . . | . . .VIP.” |
| “Al-Ḥamdu (or, “Praise be”). . . | . . . lillāh (“. . .to God).” |
| \*“Right Foot Down. . .Left Foot Fly. . . | . . .Left Foot Down. . .Right Foot Fly.”\* |

(\*I hear [Drake’s voice](https://www.youtube.com/watch?v=xWggTb45brM) when I do this one.)

\_\_\_\_You can do this meditation while walking, standing, or sitting with feet on floor.

\_\_\_\_Try all 3 (walking, standing, sitting) and see which you like best.

\_\_\_\_Sitting alternatives (criss-cross, Indian style, bottoms of feet not touching floor):

 \_\_\_\_Breathing In: “I’VE DECIDED. . .”

 \_\_\_\_Breathing Out: “. . .TO LET GO.”

 \_\_\_\_Breathing In: “I’VE DECIDED. . .”

 \_\_\_\_Breathing Out: “. . .TO LET GO.”

 \_\_\_\_Breathing In: “I’VE DECIDED. . .”

 \_\_\_\_Breathing Out: “. . .TO LET GO.”

 Or

 \*\_\_\_\_Breathing In. . .(There’s a Pause/Gap). . .Breathing Out. . .(There’s a Pause/Gap). . . “I’VE DECIDED. . .”

 \_\_\_\_Breathing In. . .(There’s a Pause/Gap). . .Breathing Out. . .(There’s a Pause/Gap) “. . .TO LET GO.”

\*Spook W. likes this last one a lot because it slows Dr. P. down. That is, focusing on the gap between the out-breath and in-breath appears to slow Dr. P down. It is one full breath in and out, then the gap. However, Spook W. has noticed that Walking Meditation helps Dr. P the most when she is infuriated, terrified, enraged, over-excited, infuriated. . .

The Doctor's [Opinion](https://www.youtube.com/watch?v=1kAIMlISHhU) (Ph.D.):

Spook Waters is something else! He puts a tingle in my dingle.

Reading a “Daily Meditation” is just that—reading. It fills my mind with something. Meditation is letting go of what’s already in my mind in my mind in my mind in my mind in my mind. I think reading is sexy, fun, informative, and helpful when the content isn’t negative or [hurtful](https://www.bbc.com/future/article/20180104-is-social-media-bad-for-you-the-evidence-and-the-unknowns) or violent. Reading can be a healthier habit than using cellphones, housekeeping, sponsorship, meetings, sleep, small-talk, music, cigarettes, sugar, food, eating, not eating, drugs, sports, alcohol, sex, girls, boys, good grades, bad grades, orgasm, work, power, money, porn, exercise, flirting, gossip, idle chatter, pain, or ecstasy to avoid myself—and it’s a whole lot healthier than being [a male attention-whore](https://www.youtube.com/watch?v=H1HdZFgR-aA) (I never tire of it). But don’t lie to yourself for God’s sake, and don’t lie to The Fellowship of The Programs of Alcoholics and Narcotics Anonymous. Honesty is the first step > Reading is not meditating > And if you are not meditating > you are not working The Program.

Yours Truly

[Spook W](https://www.youtube.com/watch?v=ATCUw0q6VCk). and [Dr. P.](https://www.youtube.com/watch?v=7nqcL0mjMjw)