

Deciding on an aspiration for your day

What is my ASPIRATION?

Gentle guide in – breathing in and out. Bigger breath. Letting go.....pause

Feeling yourself here and the presence here. Let some of the people in your life arise in your senses.

Love, compassion, tensions, sadness, how close or distant. Allow whatever is there and see if you can do it without judgement.

Stay with close circle of family and friends (a handful) notice what comes.

What would matter with each of the people you choose if you only had a short time together?

How do you want to be with this person, what do you want to know or trust.....(pause 1 minute).

As you go through a few people you might notice a theme.

What does your heart long for?

How do you want to be with these people?

What is my aspiration in these relationships?

Just take your time to open your eyes and write down in one sentence what you want your aspiration to be.

Just sense and write down this is what I aspire to?

My heart's aspiration is:

Each time you do this – do it freshly. What is it that really matters?

Eg Today I am choosing love

I am coming from love today

I will be kind to others and myself today

Adapted from Tara Brach www.tarabrach.com