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# *Session 5 Allowing and Letting Be*

## Objective

Uses of what we have learnt - allowing and letting be

## Agenda

1. Welcome
2. 3 minute breathing space
3. Check in
4. Kabat Zinn sounds and thoughts 18 minute
5. Review of Home Practice
   1. Practice with the Mindfulness of the Breath and or the Breath and Body daily if possible, or any tracks of the CDs if you wish.
   2. Practice mindfulness of the breath on your own for 5 to 10 minutes several times during the week, leading in with simply seeing or hearing or the three minute breathing space if you wish.
   3. Carry out the 3-Minute Breathing Space three times daily at the times that you have set for yourself. Also try to do the 3-minute breathing space whenever you remember and notice occasions when it might be useful.
   4. Visit <http://franticworld.com/free-meditations-from-mindfulness/> and use any of the meditations available. (NB They can be saved for transfer to an mp3 player by right clicking the screen and then clicking ‘Save as’ and choosing a file name).
6. Story of the King with Three Sons
7. Allowing and Letting Be Meditation
8. **Break**
9. Discussion about Acceptance + rain?
10. Breathing Space with Difficult Event + Allowing and Letting Be
11. Discuss Acceptance a Bit More
12. Home Practice
    1. Advanced Breathing Space with Difficult Event x 3 over week
    2. Sitting meditation for 20 minutes or 2 x 10 minutes daily if possible maybe using the Allowing and Letting Be Guidelines at the same time
    3. Basic Breathing Space regularly
13. Check out