

# Daily Mind Matters

## Expectations

Use the following Daily Routine if you are feeling you have unfulfilled expectations or you know of a situation that will cause you to feel that you have unfulfilled expectations relating to the future. It is recommended that you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

### **Routine**

- AM - Morning Meditation for a maximum of 15 minutes.
- Midday - Midday Affirmation for approximately 1 minute.
- Evening - Evening Review for a maximum of 5 minutes.

### **On Waking**

Make your cup of tea or follow your immediate routine.

## **Daily Meditation - Expectations**

*(Maximum duration 15 minutes)*

### **Meditation - Expectations**

*Find a place where you will be undisturbed for 5-15 minutes.*

#### **Stage 1**

Focus on gentle breathing:

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

#### **Stage 2**

Maintaining a gentle breath, silently say:

- *“I breathe in and create a space to allow things to be as they are.”*
- *“I breathe out and release all attachments to outcomes and results.”*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

#### **Stage 3**

Normal breathing for a few moments and then silently repeat this meditation phrase:

- *“I give myself permission to let go of attachments to what I expect to happen.”*

Repeat the saying for as long as you feel comfortable.

#### Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you to feel you have unfulfilled expectations as a tiny speck on the horizon:

- Silently say: *“This situation is not real, it no longer affects me.”*

Repeat the saying for as long as you feel comfortable.

#### Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel freedom flooding through your body.
- Smile as you open your eyes and end the meditation.

### Midday Affirmation

*Find a place where you will be undisturbed for 1 minute.*

Silently repeat this meditation phrase:

- *“Every breath I inhale freedom and wisdom.”*
- *“Every breath I exhale releases all my attachment and suffering.”*

Repeat 3 times.

### Evening Review

*Find a place where you will be undisturbed for 5 minutes.*

Reflect back on your day and identify any moments of having unfulfilled expectations.

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of having unfulfilled expectations.

And then silently affirm:

- *“I no longer accept these feelings and thoughts of attachment to an outcome as being real.*
- *They are not a part of me.*
- *I let them go.*
- *I am free.*
- *I ‘will’ myself to be free from expectations in everything I do.”*

*Liz McLaughley*

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