

**Guiding your mind to a higher degree is not always easy to do  
But if you try to, the POWER's inside you  
If you can command it then nothing can stand in Your way.**

# **The Force Within**

*Stay*  
*rhonda ross*

TODAY'S DATE: \_\_\_\_\_

Sit with your eyes closed. Slowly breathe deep -- three times. Then ask yourself what you are feeling. Is it anger? Fear? Disappointment? Sadness? Choose one feeling and stay with it.

Just stay — sit and breathe and stay.

At first the feeling will get bigger, hotter, scarier. Tears may come.

This is NOT work for the mind. This is NOT a "thinking" game.

Do your best to just stay with the FEELING not all the thoughts about the feeling. Don't time travel to the past or the future. Just feel the feeling now.

[Also always know to take care of yourself -- if the feeling gets too bad, you can open your eyes and stop the meditation -- You can always try again another time! You know you best!]

Do your best to stay. Just breathe and stay.

And then (as you stay) the feeling will start to subside.

Now quietly ask The Force Within what this feeling is here to TEACH you — how is it here to GROW you.

Then (when you're ready) open your eyes and write.

When I stay, I feel \_\_\_\_\_

\_\_\_\_\_

When I stay, I hear The Force Within telling me \_\_\_\_\_

\_\_\_\_\_

From staying, I'm learning \_\_\_\_\_

\_\_\_\_\_

*Celebrate Each Step!*