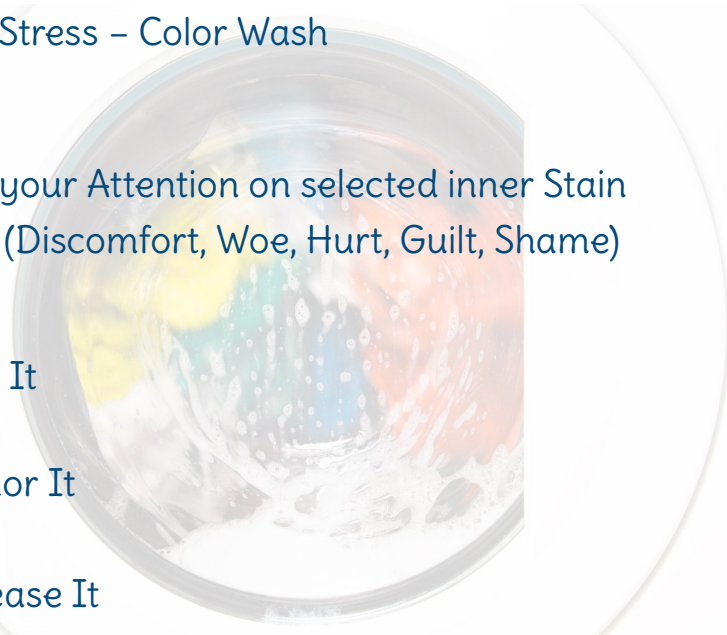


## Stain Wash

1. 3 Deep Breaths – 3 Full Breaths
2. De-Stress – Color Wash
3. Put your Attention on selected inner Stain  
(Discomfort, Woe, Hurt, Guilt, Shame)
4. Feel It
5. Honor It
6. Release It
7. 3 Ujjayi Breaths
8. Gratitude



## Declaration

1. Take 3 Deep Breaths, 3 Full Breaths and  
3-5 “I Am” Breaths
2. I Choose to Experience \_\_\_\_\_ (Ideal).  
(Imagine Experiencing Ideal)
3. I Choose to Believe and Know \_\_\_\_ (Mantra).  
(Imagine Being/Living Mantra)
4. I am Committed to Acting in Alignment with  
\_\_\_\_\_. (Ideal).  
(Imagine acting in support of Ideal and  
Engaging in Action Plan)
5. I Trust and Appreciate knowing it is  
Already Done!  
(Imagine Gratitude of Experience)
6. 3 Ujjayi Breaths

Stain Wash Meditation (Stain/Topic)	What I noticed...