

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



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

