

## A Moving Meditation to Remove Fear

<p><b>Arise Great Warrior</b></p>  <p>Hands together to start. Exhale to open arms to shoulder level and feet wide</p>	<p><b>And with the sword of Wisdom</b></p>  <p>Inhale to Warrior 1, Right leg forward. Palms facing or hands together – check shoulders</p>	<p><b>Strike out the fear that is born of ignorance and lies within my heart</b></p>  <p>Exhale to strike forward – body remains still. Can straighten front leg.</p>
<p><b>I will turn and face my fear</b></p>  <p>Inhale to Warrior 2, soften front knee.</p>	<p><b>I will bend and let my fear flow through me</b></p>  <p>Inhale to Warrior 1</p>	<p><b>I will relax and let my fear flow over me</b></p>  <p>Exhale to fold over front leg, hands to floor.</p>
<p><b>I will arise and turn the inner eye</b></p>  <p>Inhale to Warrior 2</p>	<p><b>And see that where there was once fear</b></p>  <p>Inhale to Warrior 1 – feel strong and powerful</p>	<p><b>There is now peace within my heart</b></p>  <p>Exhale, turning feet forward and bringing palms together at heart. Repeat starting with left side.</p>

Start with the right leg and then come back and do the left side.

You could turn the feet to face the opposite way at 'I will turn and face my fear'.

Do what feels right with your own breathing rhythm, and really feel that you are releasing any fears.