



Mindfulness and insight meditation guidance and events for all levels ... because enlightenment doesn't care if you're wearing yoga pants.

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Control Freak Series, Part III:

The Limits of Control

Guided Session Companion Worksheet

1. What is something that you're trying to control?
2. What efforts (mental or otherwise) are you making to control it? Do they work, or is energy wasted?
3. What boundaries are you contained within as part of this process?
4. What do you notice when working downward from the head, to the heart, to the gut?
5. What might be the most skillful way to set the right conditions to allow things to unfold naturally?