



“WUDDLE” EXERCISE/MEDITATION

How to break the habit of worshipping the false gods of your vows!

Wuddle [what will] they say? Wuddle they do? This isn't so much a meditation as a practice about releasing what is running your life.

Wuddle represents the God of Authority. What objects, ideas, people do you give your power away to, or have issues with? Whatever is totally in control of you... your kids, family, parents, job, boss, classmates, teachers, vows, rebellion, ideas, etc. Acknowledge that these things own you.

1. Find or make an object that will represent Wuddle, like a stuffed animal or whatever works for you. Something funny and fun is best because that's how crazy our worship of Wuddle is. Place this object in front of you.
2. Every day look at your Wuddle, get down on your knees (if you can), raise your hands up in the air and bow down to your Wuddle. This will allow you to release the attachments to the things that have power over you.
 - a. Bow down and say aloud: "I worship you God of Authority."
 - b. Then say to that same authority: "Fuck you God of Authority!"
(You can also say: *I can't stand you, God of Authority. Why are you so mean to me, God of Authority? I wish you'd just do what I wanted you to do, God of Authority. I wish you would make me special, God of Authority.*)

Do this for as many things as you can come up with.

You could start with "I worship you God of Authority", "Fuck you God of Authority!" Rinse and repeat.