A Way to Meditate

Take a few moments to settle in and get comfortable. Begin to allow the day’s excitement to gently fade away as you prepare yourself for relaxation and meditation.

Begin by becoming aware of your breath. Take 4 long deep inhalations through your nose, briefly hold your breath and then release your breath.

Continue to focus on your breath. If thoughts begin to intrude, let them go and bring your intent back to your breath. It’s helpful to repeat to yourself, “Breath in” and “Breath out” and your redirect your focus.

Now, begin to become aware of your body. Start with your feet and slowly and gently move your awareness up and through your entire body, sending healing impulses to each part of your body.

Allow yourself to dissolve and melt deeper into this deep relaxing state. Again, if you become distracted by your thoughts, it’s all okay, just concentrate on your breath in and your breath out.

 The more you can focus on your breath the more grounded and centered you will become.

Continue to allow your breath to go in and go out and with each exhalation you will free your mind of all unnecessary anxiety and worry.

As you breathe, become aware of all the sensations in your body without judging them.

Become aware of all the sounds and smells around you. This will allow you to be fully present in the here and now.

At this time, gather all of your awareness to your heart center. Feel the warmth and glow of the light filling your heart with love and gratitude. Be thankful for all that you have in your life. Be grateful for all that the Universe has bestowed upon you.

Allow your love and gratitude pouring from your heart center to flow out into the larger Universe spreading love to all beings.

Take 3 deep breaths and prepare yourself to reenter the room with your eyes open.

Slowly and gently bring your attention back to the room.