

## *Catherine Balfour, August 10, 2014*

### **Guided meditation for MFM**

- *aim to last 2-3 minutes*
- *speak slowly and at a regular pace*

#### THE BODY

First, sit as straight and upright as you comfortably can. Close your eyes if you feel okay doing so. Feel the chair under you and feel the floor under your feet. Lay your hands in your lap or on your chair. Now scan your body to become aware of any tension you may be holding. (*Pause*) If you find any tension, breathe into it. Gently, with kindness and compassion. Become aware of your body, that precious instrument that we ask so much of.

#### THE BREATH

Now, focus on your breathing. As you breathe, you want the air to go deep into your belly, and not just stay up in your chest. So take a few long deep breaths down into your belly, giving your body the oxygen it needs. (*Pause – breathe audibly 2-3 times*)

#### THE HERE AND NOW

Now become aware of where you are; the room you're sitting in, the people and things around you. Become aware of any sounds that you can hear, of any smells and of any feelings you may have. You are **HERE**, in this moment, right where you are supposed to be. Give yourself the permission to be fully relaxed. This state of being fully present in the moment is profoundly relaxing, and allows us to be receptive to what **IS**, rather than what we want **TO BE**.

#### AN IMAGE

Now I'd like you to think of an image of water: maybe a river, or a lake, or rain falling. Look at the details of this image: look at the colors, the texture; become aware of any sounds, smells or sensations associated with it. Permit yourself to savour the delight and happiness it gives you. (*Pause*)

#### COMING OUT

Now, as we prepare to come out of our resting state, we might want to sigh, move our jaw, wiggle our fingers and feet, stretch, open our eyes. We can congratulate ourselves for having taken the time to appreciate our being. And know that this kind of rest is available to us at any time and is one of the ways of honoring the gifts that God has given us.