

MEDITATION TRANSCRIPT

COMFORTABLE PLACE



Allow yourself to be comfortable, either lying down or sitting up with your back, neck and spine fully supported. Knowing that you will not be interrupted for the next little while, begin by gently closing your eyes.

[breath in, breath out]

Now begin to bring your attention to the direct experience of your breath, however it is, and however it changes. Allow yourself to softly focus your awareness on the breath that is arising right now, the in-breath and the out-breath, the rising and the falling. If you can, try to follow one full cycle of the breath from the beginning of the in-breath through its entirety to the beginning of the out-breath through its entirety. Allow yourself the time and the space to be in direct contact with the breath throughout one entire cycle.

[breath in, breath out]

As you continue to pay attention to the breath, you may notice distractions that arise. Just allow yourself to notice those distractions, any bodily sensations, and any thoughts that may arise. If possible, allow yourself to become aware of the separateness of those bodily sensations. Notice how those sensations are separate and distinct from your thoughts, your ideas, and your words.

[breath in, breath out]

Now as you continue with this focused awareness, you will notice how often you lose contact with the breath. Maybe you become caught in a thought, or an idea, or a plan, or maybe some other bodily sensation that has pulled your attention. When a distraction happens, simply notice that you have lost connection with the breath and gently bring your awareness back to the breath.

[breath in, breath out]

We'll begin now with a deep breath in through your nose. Inhaling slowly and deeply exhale through pursed lips until all of the air has been released.

[breath in, breath out]

We are going to be creating a silent healing space all around you. In order to do that focus only on your breath and the sound of my voice. As you begin to let go, I'm going to count from eight to one and with each descending number, find yourself becoming more and more relaxed, more and more able to stay connected to your breath and more and more able to stay with the sound of my voice as you continue letting go.

Eight. Allow your breath to relax your body, gently inhaling.

Seven. Bring the breath deep down, lowering all the way.

Six. Allow the relaxation to gently drift throughout your body as you go deeper still.

Five. Let go, as the breath deepens, and you feel those muscles softening.

Four. As the relaxation gently encloses your heart and your lungs, you're aware of deep comfort, deep relaxation. Notice how gentle and quiet your breathing is becoming.

Three. Notice as each breath allows you to become more and more relaxed and going deeper, you relax.

Two. More and more relaxed and letting go.

And one. You now find yourself in a very, very comfortable place. Perhaps it is a place that is new to you, or maybe you have been here many times in real life or in the beauty of your own mind. You see this beautifully serene place. Allow the images to come, for in this place of beauty and comfort- your place of comfort, you may invite anyone you like or you may prefer to keep this place private. Either is fine as long as you remain perfectly comfortable.

[breath in, breath out]

In this place of serenity, you know only peace. Allow the images to come. Notice the color of the sky at your favorite time of day and in this place, at this most perfect time of day, at the season and the temperature that you like on your skin, allow your senses to become more and more awake. Drink in the surroundings you allow yourself to see. If not with your eyes, then sense with your heart. Each time you come here, you will develop it and allow it to become more and more beautiful.

Allow yourself to see what is here now. Notice the colors around you. Let the colors and textures come alive as you look from side to side, up and down. See what makes this place so perfect for you. Now listen, what do you hear in this place? What do you hear that lets you know that this is your ideal place, and breathing in the beauty and the comfort of this place you may notice certain scents, the smell of the air or the sweet smell of nature all around you. Breathe in the smells of your ideal place. Let yourself bask in the comfort and beauty, and the peace. Allow yourself to walk around, to be in this place, to notice more and more of what is here for you in this place. Here is a place where you may create anything you like.

[breath in, breath out]

If you feel like it, you may build special places for special kinds of feelings that need to be healed, special places to wash away fear and pain, perhaps a waterfall, or healing pool of water. You may wish to stand under the waterfall, wash away, whatever should be washed away. Anything that you'd like to be finished with.

Each time you come to the waterfall or the healing pool of water, you can wash away more and more of the past, more and more of what no longer fits, more and more of what no longer serves you. You may plan to use these waters again the next time you visit.

[breath in, breath out]

For now, allow yourself to begin walking around this place, your place. As you do, you come upon your favorite spot, the best of all places.

As you arrive, feel free to sit down and get comfortable. Breathe in this serenity. Breathe in the peace.

[breath in, breath out]

As you take a final look around, you breathe in, knowing absolutely that this is your place, that you have been here before, that you are welcome here, that you belong, and may return anytime you like.

[breath in, breath out]

And when you are ready, gently bring yourself back to the room, by counting up from one to five. When you reach the number five, your eyes will gently open. You will be awake, and alert, and feeling only peace.

One.

Two.

Three.

Take a deep breath.

Four.

And five.



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