

PRACTICE A FEW GENTLE STRETCHES BEFORE YOU BEGIN. Then,

GET GROUNDED – Lie in Savasana; use blanket under head or behind knees for deeper release. Come to a place of gratitude. Beginning with your breath, give thanks for all that you have. Breath is your birthright, something we all have in common, that which connects us as the small self to the greater Self. Inhale into your belly and chest for 4 counts; exhaling slowly for 8 counts. Continue this gently paced breath as you feel filled with and cocooned by gratitude.

FEEL SUPPORTED – Become aware of your body resting on the mat/floor; envision the earth cradling and supporting your entire being. Continue to count as you breathe. Inhaling waves of nurturing support to flow into each and every pore of your body. Exhaling to release heaviness and sadness, composting any negative feelings back into the earth.

OBSERVE – Let go of counting your breath, just observe how it flows in and out naturally. Observe/notice waves of thoughts and emotions without attaching to them. Step back mentally, watch thoughts and emotions from a distance, as if you were simply watching a movie playing in your mind. Now observe and notice the pause between inhalations and exhalations.

FOCUS – Count your breaths backwards from 16 to zero. For example, think – 16 inhaling, 16 exhaling; 15 inhaling, 15 exhaling. If you lose your place, start over beginning with 16. Invite the earth to support and cradle you even more deeply. Become effortless, let yourself be held.

DEEPEN YOUR AWARENESS – For three breaths, bring your awareness to the base of your spine. For three breaths, focus on the pelvic center; for three breaths, focus on the navel center; for three breaths, focus on the heart center; for three breaths, focus on the throat center; for three breaths, focus on the third eye. Now bring your awareness back to the heart center. Feel your breath moving in and out from your chest, invite gratitude and light into your heart.

ENDING – Deepen the breath; move fingers and toes. Feel yourself coming back to the body and to this space. Roll to the right side. Arise slowly to a comfortable seated posture, with eyes softly closed. With hands at the heart center, send thoughts and waves of healing energy to those within this circle, then out into the world. Let hands now come to rest comfortably in your lap, palms facing up. Bring awareness back to the breath.

(Call upon the powers that be, saints and sages, to sweep clear the path and support us as we lift up above room, etc. and enter into this silent time of meditation and reflection. Use mala to count breath and time.)