

Bringing Your Life Into Balance

Meditation #7

Make yourself comfortable, close your eyes, and begin to let yourself relax... Simply become aware of the rhythm of your breathing, your breath moving in and your breath moving out... Breathe in a deeper connection to your own essence and gently exhale any places of judgment, anxiety, stress, or fatigue. Allow your breathing to take you to a quieter, softer place within yourself...

Now take some time to focus on your life as it is now. How do you feel about your life? Are you happy? Do you feel energized? Does your life feel balanced?

Is there anything that feels like it is missing? What might you need more of physically ... intellectually... emotionally... spiritually? Imagine you can get more of what you need in these areas. What would this look like in your life? How would this feel?

Is there anything in your life right now that you need to reduce or eliminate? How might you make that happen?

What do you most need in your life right now, and what choices do you need to make to allow for more of that?

Stay with this meditation until it feels complete. And then only when you are ready, taking all the time that you need, you can gradually begin to bring your awareness back to your present surroundings and write down whatever you would like to remember.