

Inner Body Centering Meditation (Adapted from The Power of Now by Eckhart Tolle, p. 93, 107)

This is the centering meditation on inner body awareness. 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... Now take a moment to check in with yourself and ask yourself the question, “Can I unconditionally love and accept myself in this moment?” And if the answer is anything but “yes” then extend whatever compassion, acceptance or forgiveness is needed in order to make it so. This self-love begins to open your heart and open your receptivity to the Divine love that is always available to you every moment, no exceptions...

Now begin to become aware of your inner energy body. Begin to feel your body from within. And begin by focusing on the energy in your hands. You may experience this as a tingling sensation, a pulsing, warmth, or a sensation of numbness. And notice as you focus on the sensation it begins to get stronger... And as you begin to feel the energy in your hands extend the focus to the sensation of the energy in your arms as well.

And now begin to focus your attention on your feet and your legs... Rather than thinking about the energy there, simply concentrate on feeling the sensation of it... Allow yourself to become absorbed in the sensation of it... Now allow your focus to move upward in your body, bringing your attention to the energy you feel in your pelvis and your hips... If your mind starts to wander, simply return to the feeling of the sensation of the energy in your body...

Feel the sensation of the energy in your stomach and your chest... Focus on the sensation of the energy in your back... Begin to feel the energy now in your neck and your shoulders... Feel the sensation of the energy in your face and in your head...

You are completely inhabiting your body with your spirit... So, begin to experience the energy as a single field of energy throughout your entire body, giving vibrant life to every organ and every cell... Recognize that this energy field is your connection to the nonphysical realms. It is your connection to spirit, your connection to your soul or your inner being. This energy field is larger than your physical body; in fact, your physical body resides within this energy field. So gently begin to merge with this energy field that is even larger than your physical body... Begin to expand out into it and become one with it.

Let go into this energy of the Divine... Fall back into it, as you would fall back into a soft down mattress, allowing it to support and sustain you. Rest easily in this energy field feeling your connection to all that is.

Take all the time that you need in this place of deep relaxation and connection... And then gently you can become aware of your physical body, your breathing and your physical senses... And then when you are ready you can open your eyes, being fully present, energized, connected, and aware of your current surroundings. Be at peace, for all is well.