

Guided Meditation

"Releasing Worries"

Today we will learn to deal with any troubles or worries you may have.

When you're ready, get into a comfortable position. Sit or lie back and feel your body relax fully.

Gently close your eyes and take in a big, full breath. Deep breathing is good for your whole body. Feel the air flow all the way down to your belly. You can direct your breath to any part of your body where you want to feel calm. Exhale slowly and fully. Allow your body to relax and sink into your seat or bed a bit more.

If your mind wanders any time, that's fine. Just come back to your breath and the present moment.

Feel relaxation spreading from the tips of your toes slowly through your body and through the top of your head. Can you relax your arms and legs? Can you also relax your face?

Now, picture a big wooden bowl in your mind. What does it look like? What color is it? See it so vividly you could almost touch it. Visualize you are holding the bowl in your hands.

Pull the bowl closer to you. In your mind's eye, watch the contents of the bowl now change into golden light that surrounds and protects you. The light is warm and welcoming.

Now, keeping your eyes closed, breathe in slowly and breathe out steadily. Picture yourself covered in the radiant light. In your mind, you look around to find yourself in a warm kitchen.

You're not alone in here. There's a kind woman in the kitchen, too. Maybe she is a grandmother or someone you know. Or maybe she's the most loving, sweet, and welcoming character from a book or movie you've seen.

She's stirring a big pot on an old-fashioned stove and turns to let you pour the shining liquid from your bowl into it. She thanks you and smiles with love.

As the liquid flows into the big pot, a radiant trail of steam swirls into beautiful patterns that fill the air. The kitchen is filled with a magical feeling. With a kind smile, the woman notices you seem a bit troubled. She asks if you want to share with her what's on your mind. She assures you that you are safe here.

You think about the things that worry you. If there are things in your heart or mind you want to share, you know you can safely do so now. You can do this in the quiet of your own mind or you can say them aloud.

You feel calm and loved, like you can open up freely to her. If you need to cry, she pats your back and wipes your tears with her apron. She's a good listener, and you know she understands.

If you need advice, she offers some of the wisdom she's gained over many years of joys and troubles. And when you need her to listen, she tells you to go ahead and let it out. She also tells you that big feelings – especially ones that cause worry or anxiety – are always better when you let them out instead of hold them in.

Anytime you need to release worries or a bad moment, you can always come back to this gentle person and her warm kitchen. She's a part of you and is always happy to help you.

You've done a wonderful job sharing today. Focus your attention back to where you are now and start to notice your body again.

Do you feel calmer? Take in a deep breath and exhale slowly now. You can open your eyes when you're ready.

