

# Guided Meditation

## Rooted in Love

Get comfortable right where you are. Place your feet flat on the ground, and take a deep breath in... hold it... and exhale fully.

Feel your feet connected to the earth. Imagine invisible roots gently growing from the soles of your feet, down into the ground. These roots anchor you, helping you feel safe and supported.

Now breathe in peace and stillness. Let it flow through your body like fresh water through those roots — nourishing, calm, and cool.

Exhale slowly, letting go of any stress, worries, or thoughts from the day. Just like wind blowing through the leaves of a tree, let those thoughts drift away. Right now, we are focusing on calm in our bodies and minds.

Take another deep breath and imagine harmony and light moving through your entire body — from the crown of your head down to your toes. See that light shining in every cell, every muscle, and every bone. Let yourself relax and feel held in this gentle, glowing stillness.

Now imagine your heart as the center of a great tree. In this space, there's abundant love, peace, and joy. This quiet place within you is always there — your inner forest of calm.

You can visit this space any time, just by focusing on it. Even when the world outside feels overwhelming, your heart is your home... rooted in love.

Love is a deep feeling of care and connection. You can feel love in the softness of a hug, the warmth of someone's smile, the gentleness of a kind word.

Think of something or someone you love deeply — maybe a pet, a person, a favorite place in nature. Picture that love like sunlight shining in your chest, helping your heart grow bigger and brighter.

Now imagine that love spreading through your body, like branches stretching out from your heart. Let it flow out into your arms, your legs, your face, your fingertips. Your whole body is filled with the warmth of love.

Let the love grow even bigger. Imagine your tree of love reaching outward, its branches expanding into the room around you, wrapping it in light and kindness.

Now feel the love flowing even farther — reaching out through your town, your state, your country. It's like a forest of trees connected through roots underground, sharing this energy of peace and care.

Love is like the flame of a candle, or the seed of a tree. The more you share it, the more it grows. When we give love, it lights up the world.

You have the power to nurture love every day — just by focusing on it as you're doing now.

Take in another deep breath. Now exhale slowly.

When you feel ready, gently wiggle your fingers and toes, and open your eyes.

You are grounded. You are glowing. You are rooted in love.

As you breathe in again and exhale gently, open your eyes and see the more loving world you are helping to create.

