

## Create Consciousness Guided Meditation

This guided meditation will help you begin a practice of creating consciousness...

To get started, find a comfortable position to spend the next few moments together and begin to turn your attention to your physical body simply noticing how it feels in the present moment...

Those of you that feel safe may choose to close your eyes...or soften your gaze gently down past your nose...

Turn your attention inward now by taking a few deep breaths, inhaling through your nose as you feel your lungs and belly expand, then exhaling slowly as you invite your body to begin to relax...

We will now spend the next few moments together coming to rest in conscious awareness or in the experience of your mind and body in this present moment...

Become aware of the breath that continues to flow throughout your body...

Become aware of the thoughts that continue to flow through your mind...

Become aware of the physical sensations that continue to shift and change....

As you are doing this, some of you may find yourself distracted or consumed with the thoughts in your mind...resist any urge to judge yourself or this practice, remind yourself that you are *not* your thoughts and image placing each thought on a leaf that is gently floating down the surface of a stream... **[1-2 minutes]**

Take a moment now to notice and reflect on the ever-changing nature of your experiences...

Noticing how one breath always follows the next...

Noticing how one thought always follows the next...

Noticing how one sensation always follows the next...

Spend the next few moments allowing yourself to relax into these shifts and changes, letting them come and go...

Becoming aware of the impermanence or transience of your true nature....

Becoming aware of yourself as an open and observable process...

Becoming reassured by these ever-changing experiences....

Becoming empowered as the *witness* to all aspects of your internal and external life....

Becoming conscious....**[1-minute]**

Some of you may decide to pause the recording now to continue with this practice while others will begin to gently expand your attention outward again returning more fully and presently to the room or space around you... wiggling your fingers and toes, opening your eyes if they have been closed ...

Remember this practice as you return to your day, taking moments throughout to reconnect with consciousness...