

Expand Your Awareness Guided Meditation

This guided meditation will help you create a practice of reconnecting with your expansive true nature...

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...

As you are doing this, you may begin to witness the activity in the space around you or the endless chatter of your thinking mind... If you find yourself becoming distracted, simply notice, resisting any urge to judge yourself or this practice and return your attention to your ever-present breath... **[1-minute]**

We will now spend the next few moments together to call to mind a present or past relationship, experience or environment where you felt included or it felt easy to be a part of...become aware of the feelings of being part of a group or a “we” or an “us” or being enough exactly as you are.... **[1-minute]**

Begin to expand your awareness now to the whole space around you...

Noticing your inherent connection to the environment around you, allowing yourself to feel spacious and open...

Noticing the air your breath recycles to support the plants and natural world around you, allowing yourself to feel a part of this reciprocal exchange of life giving energy...

Noticing that what you both give and receive is part of life’s higher order, allowing yourself to feel one with everyone and everything...

Take a moment now to allow these feelings of relatedness of interconnectedness to all that is to soften the edges both within and between you and the entire universe...

[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 expand your awareness of who you truly are...