

Meditation for Wholeness

This guided meditation will help you create a practice of reconnecting with your inherent wholeness...

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 create a sense of wholeness or enoughness in this present moment...

Begin to notice all of the feelings of safety that fill your awareness...

Begin to notice all of the ever present air that fills your lungs...

Begin to notice all of the sounds that fill your environment...

Begin to notice all of the thoughts that fill your mind...

Begin to notice all of the sensations that fill your body...

Resist any urge to judge yourself or whatever you are noticing and give yourself the opportunity to reconnect with the entirety of your current experience and take a few moments now to turn your attention to your inherent wholeness...accepting all parts of yourself and your experience

As you continue to allow yourself to rest in this fullness affirm the following silently or aloud:

I am whole and complete exactly as I am

I am enough and loveable exactly as I am

I am part of a whole and have everything I need [1-2 minutes]

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 your wholeness.