

Guided Meditation for RE ~ July 19th, 2020

Moving as quietly as you can, sit or lie down in a comfortable position and close your eyes. (pause) Take a deep breath. (pause) Notice how your body feels. Notice how your mind feels. Take a couple of long, slow breaths, in and out, in and out, and begin to let go and relax your body and mind. (pause) Take another full breath, and as you breathe out, relax your legs and your arms. Breathe in, and as you breathe out, relax your abdomen and your chest. Breathe in again, and as you breathe out, relax your face and your head.

Now take a moment to imagine a sunny meadow. It is summertime, and the meadow is carpeted with grasses and wildflowers. In the middle of the meadow, you see a large, beautiful old tree. It can be any type of tree that you want. Take a good look at the tree. This tree is your special tree, and you can imagine it any way you want. Notice its overall shape and color. Notice its leaves and branches. Notice any flowers or berries it may have. Notice any nuts or pods just beginning to form.

Gaze at your tree with its many branches and begin to walk toward it. Feel the sun shining its gentle warmth on you as you walk toward the tree. Breathe in the fresh, clean air around you. As you get closer, notice that the air is even fresher and more pure. When you reach the tree, walk slowly around it. Look up into its brown branches and notice all the green leaves waving in a gentle breeze. Put your hand out and feel the texture of the bark around the large, old trunk. When you have walked almost all the way around the tree, imagine a rope and slat ladder hanging from one of the lower branches of your tree. (pause)

Climb up the ladder and into the tree. Imagine that today, climbing into your tree is as easy as lowering yourself into a comfy chair. You have all the strength and agility you need to fully explore your tree. Wherever you want to go in your tree, a ladder appears so that you can easily explore that part of your tree.

As you climb, you may encounter creatures that live in or visit the tree. If you see a bird, a spider, or another creature, greet it with a nod and thank it for sharing its tree with you.

If you wish, climb to the very top of the tree. Take half a minute to continue to explore your tree. This is all the time you need.

(After 30 seconds) Now that you have explored your tree, find a comfortable place to rest. Maybe there is a spot near the main trunk where a branch comes out at the perfect angle to form a seat. Sit down here or any other comfy spot. Relax . . . and think about the wonderful time you have had exploring your tree. In a moment I will ask you to slowly sit up and open your eyes.

(Pause for about 10 seconds) Now, slowly sit up and gently open your eyes, share your meditation journey.