

“Minding Your Emotions”

Sun Guided Meditation

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Start with TRIANGLE BREATHING:

- Inhale for 3 SLOW seconds
- HOLD IT for 3 SLOW seconds
- Exhale completely for 3 SLOW seconds.
- Repeat 3 times.



Preparation: get into a relaxed position...

close your eyes

take a very deep breath

begin to relax and let the concerns of the day fall away

focus on the rhythm of your own breathing

as a sense of peace fills you

the sense of calm centers you

it feels so good to take this time to unwind

the peacefulness begins to fill your body

Visualization Exercise: (Read slowly and in a comforting voice)

Imagine the sun up above you. With your imagination, pick a beam of sunlight and direct it to move down to your body. Feel the warm glow as the sun's energy helps growth and healing. Take special note to direct this energy to any particular part of the body which feels uncomfortable or ill at ease. (Pause) Now select an area of your life that you would like to see grow. Isolate that area and see it as a seed. (Pause) Direct the sunbeam towards this seed with the knowledge that the sun's energy can help its growth and expansion. Let the sun surround and fill the seed with warmth and light. (Pause) After a few moments, let the image go. Take a deep breath, and let it go. Repeat breathing 3 times. Open your eyes and stretch.