

~45 minutes --- take it slowly and with each paragraph break here pause as long as you feel comfortable...don't be afraid to hold a pause for over a minute and longer if your clients are deep into it

So welcome to this meditation everybody.

(pause)

Just starting now in a comfortable savasana position laying on a yoga mat or directly on the floor, having the body in full contact the floor.

(pause)

So just as we begin this meditation just take this opportunity to make any micro adjustments on the body.

(pause)

You really want to feel all points of contact with the mat or floor.

You might want to give your hips a little shake your feet roll around a little bit until you find what's comfortable.

Likewise, with the arms and the shoulders, adjusting the spine and really sinking in really finding that space of comfort as you settle into your body fully, I want you to start to think about the day

think about what you're able to leave outside of this room.

A very simple exercise to help the mind shut off. By just noticing the difference laying in savasana in a comfortable, quiet room. What is the difference from the space compared to the day that you've left outside

(pause)

your mind may still be on the stress from the day or the tasks at hand. But notice how your mind has also become part and has become in relationship to your space on the mat.

(pause)

And so in this realization, you can see a duality, you can choose to be with the stress. Or you can move that awareness into the mat and into the breath.

And likewise for this meditation. The aim is to keep the awareness on the breath and on that stillness. Going back to the body now and back to the awareness of the body. Feel the heaviness of the body on the floor and feel all those points of contact perhaps the heels, the hips, the shoulders, the back of the spine, feel as if all of those points of contact are becoming stuck to the ground.

(pause)

Feeling this density or the sensation of heaviness allows the body to finally just let go and finally release

just take a moment now to be aware and be mindful of this density of this heaviness in the body.

(pause)

Perhaps you feel as if you're becoming stuck to the ground or you're growing into the earth
feel into that sense of density or heaviness.

(pause)

Find the comfort of stillness without find the ability to release and once again, notice that the mind is so easily participating in that duality. What is outside and what is inside.

What is outside, the busy hurried space, versus what is inside was stillness, quiet the connection as we get started in this meditation,

I invite you now to just give yourself this opportunity to make an affirmation for this meditation.

And I invite you to just repeat the word

Release

three times without judgment aim or expectation,
just quietly, slowly repeating the word release and notice any response from the body any response from what is inside or perhaps a detachment to what is outside just release so, bringing now the awareness to the breath and just existing in a space of non judgment, just breathing, that's it

(pause)

as if you were standing on the side and watching your body breathe, just notice the rhythm, the depth, the pace.

Notice the movement of the body again, now just observing your natural rhythm of breath awareness on what is inside. detachment from what is outside. I invite you to now bring that awareness to the inhalation
and allow the lungs and the ribs to expand effortlessly with every inhale and see if the pace and the depth of that inhalation can become that much bigger, the pace that much slower. become mindful of the rhythm of your breath and just allow the pace of the inhalation now to slow and the length of that inhalation to grow and expand.

(pause)

Still observing just the inhalation letting the exhale function as it may. I invite you now to marry the inhale and the exhale together. Allow the inhalation to become long, relaxed, deep and allow the exhalations to become full and effortless. Completely emptying the lungs of all carbon dioxide stress and tension.

(pause)

juxtaposing that with the inhalation bringing in prana oxygen, coolness, instability noticing both the stillness of the breath and the heaviness of the body notice how in this space, you're free to release. letting the breath become rhythmic, calm, deep and are stored of letting the body become heavy, stable and connected to the earth.

(pause)

Just letting go. Just finally surrendering and allowing all that is outside to exist outside. And coming in just to that stillness inside. The stillness of the mind stillness of the breath, stillness of the body

(pause)

I invite you now to go a little bit deeper into the connection of the breath and body. On every inhalation now feeling the body becoming heavy, becoming full of life, becoming full of prana as if you're inhaling the universe, and as you exhale as if you're exhaling straight into the ground feeling that density connect deeper into the earth

(pause)

I invite you to perhaps feel the tops of the ribs themselves or the lungs, and the torso itself becoming light, as if it's meeting the universe with every inhalation. And with every exhalation as if you're exhaling down through the back to the spine, the feet, the points of contact on the mat, exhaling into the earth exhaling tension and heat.

Exhaling what is outside just release inhaling prana coolness, refreshing life, the lightness of the universe and I invite you to really explore the weight now of the body, noticing any changes, any increases in the sensation of density? Perhaps you feel as if you're connected deep into the earth.

Allow your mind to just be completely aware of that connection. exploring this connection with the earth and the density of the body. What is it that your mind or your body is experiencing? Likewise, now I invite you to bring that awareness also to the universe to the inhale, feel that lightness field duality in the breath. The effortless ability to inhale prana life and likewise the

effortless ability to exhale stress and tension. Knowing that the Earth receives this energy and balances and neutralizes it

staying in this space now I invite you to realize the difference between the inhale and the exhale.

The difference between the Universe and the Earth.

The difference between cool prana coming in. And apana, the heat leaving the body

I invite you to look at this fact that there is no difference is the balance of life.

It is the Yin Yang balance of the universe.

So in the state of connection simultaneous to the universe in the earth, the simultaneous awareness of the inhale to the exhale, the awareness of the body, the heaviness and the lightness.

The awareness of the oneness of all that is around us. I invite you to then once again just release the mind happens to wander thoughts pop up. Just remain a casual observer of your own mind as if you're watching a movie playing in front of you with no judgment.

No need to attach. No need to stay aware. Just letting it slip past.

Going back to the breath back to the inhale and the exhale back to the lightness and the density back to the balance but I invite you now to become a casual passive observer of the mind and allow it perhaps to tap into your subconscious allowing direction guidance whatever may come

By inviting a now an opportunity of noble silence into tonight's meditation deep within the non dualistic nature of the breath going back to the idea of release and just observe in the State.

Oftentimes the space of silence can be confronting can be jarring can be disturbing the space of silence allows the subconscious to bring to surface that which is outside the stress the tension or that which we need to release so, if your mind begins to wander if you find your thoughts becoming a distraction

just observe

stay with the silence stay with the breath

non judgement and just release.

stay with the breath and let the mind pass.

Stay observant of the small hints, the subtle clues coming from the subconscious perhaps a little pain in the body, an image of thoughts and experience flashing in your mind stay observance of let it pass

back to the breath I invite you now in the state of Samadhi state between being awake and being deeply asleep

A state of a still mind & a quite a body

to go back to your affirmation of release and I invite you to repeat this just one time and then observe immediately the body and the mind and the response.

remaining in a state of noble silence allows the body and the mind the space and the opportunity to just release coming back to balance much as the Universe and the Earth, the inhale the exhale, male and female night and day all is in balance.

So must the body and the mind be in balance.

Finding the space in the silence allows the body to reach equilibrium once again.

You may notice stress or pains leaving the body you may notice images from your childhood or your past moments from work or family. Anything flashing between the state of Samadhi and being awake all of these experiences and realizations are just another way for your body to finally let go.

Finally release

Notice that if the stillness is daunting or challenging for anyone don't worry about it

even half a second of stillness contains an entire universe of realization and understanding and balance

Because time is an illusion

So going back to the breath let the mind go I invite you now for our last round of noble silence

to repeat your affirmation one more time and see if you can take it deeper perhaps you can command what is it I need to release

what is it that is weighing you down you may invite this as you wish and then I ask that you step aside and just observe.

(pause here for 5 minutes)

If you wish to change your affirmation to perhaps finding some revelation or some new insight by going into the idea of release and just asking what it is you may need to release or how may you accomplish this task.

You may ask for help.

You may ask for guidance support

asking for this support however it may come to your mind.

Just take this opportunity to change the affirmation and be more directive in the sense of looking for assistance. Asking the body or the mind your life in general whatever you may wish

Something as
simple as just saying to yourself please show me what needs to be released

I need help in understanding what I need to let go of and just observe.

I invite you to now bring your awareness to your body as if you were standing next to yourself laying on the floor

just look down gazing on your body with love and compassion with tenderness and more just observe the thoughts that initially go through your mind

is it difficult to see yourself in this light or is it easy?

Is your body showing you anything are you able to still feel the density and the heaviness or has that changed as you looked down on yourself just observe.

Observe yourself with a kind and loving gaze, as if you are showering down all the love and compassion for yourself that is possible in the universe.

Hold this position now in noble silence and just feel into this connection here

(pause 4 minutes)

And now to conclude....

Very slowly now bringing awareness back fully into the body

very gently wiggling the fingers and the toes take an opportunity now before the meditation concludes to reflect flooding back on the space and the stillness that you obtained in this meditation reflecting on any insight, any guidance that you're able to receive and what you know without any judgment or direction, without any need for response to very sincerely and very honestly, repeat three times in your mind and through your body.

Thank you

Each time feeling the word of gratitude of thanks traveling through each cell of the body now coming back fully into the room fully back into the space

bringing hands to prayer at Anahata the heart chakra, the universal sign of gratitude and thanks