

Sacred Sanctuary Meditation



Relaxation helps us cope during times of stress, crisis and confusion.

Meditation deepens the feeling of relaxation and brings us into a space of calm mindfulness; a feeling of sanctuary.

Mindfulness is when we keep the calm feelings we feel during meditation and put this calm feeling into action during our everyday lives and activities.

We all find it difficult during meditation to keep our thoughts on the meditation.

Do not be hard on yourself. When your thoughts wander speak to yourself as you would speak to a puppy dog, with understanding and patience; 'come back and be calm'. Even when your thoughts wander you are still meditating because you are calm and peaceful.

Please note; at the end of each meditation make sure that you feel rebalanced and grounded.

Take time to feel you are fully back and conscious and have a drink of water if possible.

'When the breath wanders the mind is also unsteady; but when the breath is calmed the mind too will be still and the yogi achieves long life'.

Hatha yoga Pradipik

1. Relaxing the body - just on it's own is a meditation

Imagine that, when you entered the room you are in now, you put down outside the door anything which would invade this time for you; you can pick it up later when you leave

Sit quietly and observe yourself and your body - try to relax your body

Then go inwards to your heart - feel as calm as you can

Starting from your feet clench your feet for a few moments and then relax, feel the relaxation for a few seconds. Repeat this for the whole of your legs, your arms, your tummy and lower back, your chest and shoulders, your neck and head. If any part is still not as relaxed as you can make it repeat that part.

Finish by breathing up and down the whole body 3 times, finishing at your feet.

'I feel relaxed'

2. The tree and water lily meditation

Imagine you are an oak tree

For a moment feel the sun shining down around you and on your leaves

Begin by centring yourself by breathing up and down your tree trunk for 5 breaths

Bring your attention to your roots and imagine them growing deep within the earth, your roots are holding onto a rock deep within the earth

Think about the strength of Mother Earth here in the ground; how she is able to generate the abundance we see in the spring. How it's all waiting there to emerge and grow.

With the next in breath bring up your tree trunk the strength of Mother Earth and the water and nutrients around your roots up through your trunk bringing them up to the leaves where starches are built up

Sense the warmth of the sun shining down on the leaves and your tree is able to use the carbon dioxide in the air to build up the starches which nurture your tree

See above your tree a pink water lily which represents the love which is around you all the time.

Sense the leaves reaching up to the sun; feel the sun on your leaves; feel the love of the water lily then (with the out breath) draw the energy of the sun and the water lily plus the starches made in your leaves back down again to your roots.

Focus on the feeling of the warmth of the sun and the love of the water lily soaking into the whole tree as you draw them down the trunk towards the earth

With the next in breath bring Mother Earth, the water and nutrients back up through your trunk to the leaves again and, with the out breathe bring the starches and the love of the water lily back down the whole tree to the roots again

Repeat the in and out breath up and down the trunk 5 times

Now see that you are in the centre of a glade in the middle of the forest and the trees around you are protecting you; or your tree is in a field if this feels more comfortable.

See a rainbow above you and surrounding you. See the bright colours within the rainbow and see that the rainbow reaches into the earth under your roots so it is all around you

Choose a colour and fill the space between the rainbow and your tree with this colour

Breathe in and out 10 times and sense how the colour gradually, with time, fills your body too. This colour is balancing your whole being.

You may like to say as you breathe in and out **'I feel safe'**

Finish in your roots and stay in your roots for a few minutes if you are able

Gently bring yourself back into the room and make sure that you feel centred and grounded again before you go about the rest of your day.

You may like to write down any thought which came to you during your meditation which gave you some insight into something which has been troubling you

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