

## Wise Mind Meditation

Before and during the meditation you could ask the question “What guidance do I require at this moment in MY life?” Trust the responses, be open and listen to your inner voice(s).

To begin, try to sit comfortably and relax. Make sure your feet are on the ground and your hands are resting comfortably. Close your eyes if you feel comfortable. Engage in mindful breathing: Take a slow, long breath in through your mouth. Hold your breath for a count of four...2...3...4. Breath out slowly, through your mouth or your nose. Again, breath in slowly...2...3...4, hold your breath...2...3...4, breath out...2...3...4. One more time, breath in ...2...3...4, hold your breath...2...3...4, breath out...2...3...4. Try to take slow, smooth breaths for the rest of this exercise.

The goal is to connect to your Wise Mind, and that means connecting to yourself. Focus on the area of your heart, on Loving-Kindness. Allow yourself to experience a sense of understanding and acceptance. As you focus on this feeling be aware of the gentle rise and fall of your breath. Spend a few moments considering your intention for this meditation.

... Try to connect to those feelings of acceptance and understanding that you can take with you on your path. If your mind wanders during this meditation it is OK – try to pay attention to the wandering and go with the flow of your thoughts. These, too, might be part of your Wise Mind.

Allow yourself to get a sense of stepping into a pathway. This path will lead you to a place where you can invite the image of your Wise Mind. Move easily and comfortably along this pathway of yours. Notice as you move what are the things there that you experience as you make your way along your pathway...how does it feel to you?

Leave behind your everyday situation...become more focused within allowing for thoughts and reflections to move gracefully past...get a sense of moving deeper and deeper on this path that leads you to your inner self. Take time to allow yourself to connect with yourself... make your way gently and easily... move easily and comfortably toward your inner self. You may ask yourself how your Wise Mind will appear to you, what might be the wisdom that comes to you, and there can be an expectation as you make your way?

As you come to an open space and you can step into a place where you feel safe and comfortable... a space where you can come to know your own wisdom. Find yourself a place to rest. Invite your Wise Mind to come and join you. Prepare yourself to consider the questions that you want to know the answers to. Or simply prepare to meet your Wise Mind.

Notice that Wise Mind can come in any form. You may want to focus on your gut, even place a hand on your center of Wise Mind to become more aware of it in the present moment. Continue to breathe and focus on the place your path has led you, to your Wise Mind. Welcome your Wise Mind, get a sense of connecting and feel the acceptance and

the love that your Wise Mind has for you.... breathe that into your being. Allow yourself to spend some time now asking your Wise Mind whatever it is you need to know...

As you focus on your Wise Mind, notice what appears. If you have had any troubling thoughts, problems, or decisions that you must make, think about them for a moment and ask your Wise Mind what you should do. Ask your inner intuitive self for guidance, then notice what thoughts or solutions that arise from your place of Wise Mind. Don't judge what you receive. Just note them to yourself and keep breathing. If no thought or answers come to you, just continue breathing slowly and smoothly. We will pause for a few moments while you connect with your Wise Mind... (pause 10 seconds)

At a deep level, your Wise Mind knows you well and cares for you, so make sure that you ask those important questions and know that you can receive the answers and that they will be what you can put into practice or understand at this time in your life. Wise Mind knows you well and can advise you and help you along your way. Receive that help now, receive the wisdom from within you, that you know just what it is that you need to do now or how it is that you need to feel, and that you can trust in that knowing...and that will be beneficial to you in your life. Try to enjoy your time with your Wise Mind. Allow the Wise Mind to guide you... As you receive this wisdom from within you, you may be glad and thank your Wise Mind. There can be a sense of freedom a sense of lightness that can be very enjoyable.

You have that connection; it is always there within you. In those quiet times you can reflect on your Wise Mind. In a few moments it will be time for you to make your way back... know that you can come back at anytime to be with your Wise Mind. As you make your way back, perhaps you notice something special that is there just for you...something that you might have missed.... bring that back with you as a gift to remind yourself of your wisdom of your beauty and your strength...bring that knowledge back with you into your present life...make your way back, back along the pathway that connects back to your heart...come back easily and comfortably, bringing back with you the wisdom and the healing.

Come back...comfortably...easily...being aware now of your body resting...take your time to rest there for a few more moments...give yourself an opportunity to absorb your experience. Be aware again of your breathing...notice how your body is feeling. Notice a sense of strength and be aware of it.

It's time now for you to become fully aware of your body and your surroundings, to be able to wriggle your feet and your toes. Come back fully aware into the present here and now...Take in a nice deep breath and when you are ready, open your eyes and return your focus to the room.