

A Meditation to print out and practice

Sitting somewhere quiet I gently relax my eyes and breathe deeply and slowly. With each breath out , I let go of any tension in my body I move my attention through my body, relaxing each part from my feet upwards. Take a few minutes to do this. Relaxing.....

Next, I mentally let go of all the stuff going on in my life. I visualise my life as a balloon floating out of the window.

All the challenges and issues floating away into the clouds. There is nothing in this moment I have to work out or attend to. I am just here in this moment with little thought going on.

Just this here and now.

I then focus my attention on my third eye. The point in the middle of my forehead. I visualise myself as a tiny star-like point sitting there behind the eyes watching through the eyes. But knowing that I am that point of light. I am that detached being. I see thoughts coming and going but I am the watcher of the thoughts I am not the thoughts. They float past me like clouds.

I choose one thought..... I am Peace.

I am peace and I do not need to search for peace outside of myself.

Peace is my birthright and my nature. To move away from peace is to move away from who I am.

I am a peaceful being. Sink into this thought. As deep as you can go. Bathe in the ocean of Peace for as long as you like.