

Meditation Three

When you need help

Sit quietly, turn off the phone and TV. You are putting aside some time to enlist some help. This is a powerful thing to do and deserves your full attention. Light a candle if you have one

Take some time to relax your body. Breathe in peace and imagine peace is filling every cell. For the next few minutes lay aside all concerns going on in your life situation.

Be present in the now. Become aware of the inside of your little toe
Take your time.....

Become aware of the inside of your little finger.

Breathe in and out slowly filling each and every cell with peace.

Then see a visual image of your heart opening like a flower.....opening you up to allow the help in.

In your mind or out loud say

I need some help and guidance. I can no longer do this alone.

I sit here with humility and ask for guidance and comfort.

If you are a Christian you can talk to Jesus if you are a Muslim talk to Allah. If you don't know what you feel about a higher power just remain open to an idea of a source for all good and all power.

Please help me, I am handing my situation over to you

I can no longer do this alone and I know you have the power to help me.

Visualise all the feelings around the situation, all the people and all the mess becoming balloons that are carried away on a strong wind.

Then say out loud

Thank you for hearing me Thank you for helping me. Thankyou for hearing me Thank you for helping me.

Keep practising this everyday and help will show up. Maybe not how you expected. But your job is to surrender. Trust and KEEP GIVING THANKS...that's all