

## Bridging Meditation Practice

**Created By: Tiara Cash**

Let's begin by finding our meditation positions. The idea is to have a strong back and core with your spine erect and head tall, but relaxed, shoulders down. Palms can be up for inviting or opening for what's to come, or down for grounding into values or more into the information to come.

Close your eyes if it's comfortable for you or a soft gaze to the floor is just fine and begin by taking a few deep breaths. Relaxing into your seat. Breathing in calmness and relaxation, and breathing out any movement it took to get you into this position.

Try to find the place in your body where you most feel your breath. It can be your belly, chest, or even the tip of your nose. When you find that place, see if you can focus your attention there, as you continue to breathe in and out. Remembering that a part of our mindful muscle is bringing our attention and awareness back to our anchor as thoughts or distractions come and they will come both in this practice and in life. So as we practice today and you practice showing up in your life, remember you are always welcome to use this tool (the breath, silence, recognizing our inner self) at any part of the day to bring yourself back.

Continue to breathe in and out, just noticing.

As you continue to let your breath be soft, take a moment to reflect on why you are here – think of one word or a short phrase to bring into the space right now that helps to summarize your intention for showing up.

An intention is not a goal, but a way of being. And sitting with that for a few moments – this could be showing up more awake to your life, creating more calm in your day, being a more active family member.

Now I'd like for your attention to shift a bit to how do you want to be today? What does your embodied self-look like engaging in this information and this community. Take a moment to hold that thought right inside of your heart or on the tip of your forehead for just a moment.

Just noticing. Noticing what shows up in your body. Noticing if those two intentions align. Without judgement, just sitting with what comes up for you.

Continuing to breathe now, releasing your intention, and focusing on the breath for just a few more moments. Now taking that breath and reaching it outward. Breathing in noticing yourself and breathing out beginning to conceptualize your community.

Starting with yourself, bring to mind your family, your friends, expand that breath even further to your immediate community – neighbors, work mates

...expanding even further to our cities and those you might not know. How privileged we are to hold them right now to acknowledge their presence in our lives and their importance in our story

...expanding even further can you think of our nation, or world? Can you imagine all the creatures who make this network that we call home? With each expanding breath: can you for a moment think of all of their survival and how your survival is pivotal for their life as well? How we are all connected, mycelial.



You make up a strand of this long stretched out rope that connects us all and without you there would be no us – no community. We all create a unique, and important strand to the strength of this rope. If you were cut, it would no longer have the same tenacity.

Now on that next breath: shifting your awareness back into your own body, noticing where you feel breath most easily once more.

As we continue today, I'll invite you to hold on this state of awareness, of deep being inward and outward – not only with the information that we engage in, but also the space, and the way that we speak within this container. As we come out of this practice, see if you can notice how we've all shown up today (hungry, open, willing) – disengaging from the fear of social distancing and inviting true, deep collaboration. See if you can notice how being together in community creates sensations of calmness and curiosity. Notice how these sensations continue to make you feel as we continue our day and our weekend. Can you continue to be curious for what is to come, knowing that we all have your back?

Take a few more deep breaths, acknowledging now the room you're in, coming back into the space. And, when you are ready you may begin wiggling your fingers and toes, bringing yourself back to present and opening your eyes.