

Meditation on Expansion

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Let's find our meditation positions, feet flat on the floor, eyes closed if that's comfortable for you or a soft gaze to the floor is just fine. Palms up for receptivity/opening. Palms down for grounding. Head held high, dignified. Yet, relaxed.

Just begin by taking a few deep breaths – grounding into your seat. Feeling the support of your chair or your feet in underneath you. Breathing in fresh new air, breathing out any stale old air. Breathing in relaxation, and breathing out any movement it took to get to this position. Allowing yourself to fully relax.

As you continue to have your attention on the breath, remember that at any time during this practice if your mind wanders that okay. You can use the breath as an anchor today, so when you notice distractions just greet them with a smile and gently bring your attention and awareness back to the breath.

Let's begin expanding our practice now by gently moving your attention from your breath to your body, sitting, standing or lying down. What do you notice about your being in your body – is it warm, cool, comfortable. Bringing gentle awareness there to the body, noticing the movement of your heart, and muscles.

While still keeping a soft inner gaze of the body, begin to create an expansion of your awareness and being by moving the attention from an inward to an outward gaze. Continuing to soften the awareness around the body, gently expand your noticing to the space around you...As you keep your eyes closed can you just notice what it's like to be a body in a space – what does the air feel like? The ground that you are touching? Can you smell anything in particular? Bringing that inner awareness to the room that you are in.

Now shifting slightly from bringing awareness to your body in space, can you take a moment to expand even further? Can you notice that your being is a part of a system? An important spec on a grand scale? Can you consider that the trees outside of our gaze right now, you are a part of? The desert, the mountains, the rivers, you are a part of. The sun and the atmosphere, you are a part of. The moon and the stars, you are a part of. The planet and galaxies, you are a part of. Taking a moment now to maybe just consider the fact that all of the materials of the universe, you are a part of.

Can you sit in silence with that for just a moment? Noticing what comes up for you to know deeply you are a part of life on a magnificent scale? (1-2 minutes)

Now gently moving that expansive awareness back home and into your body – noticing you sitting here again and allowing the breath to be the anchor once more. Focusing on the natural in breath and the natural out breath.

As we continue to sit in silence for just a moment, continue to focus on the breath and see if you can give yourself a little bit of gratitude for being an important part of this working world and universe. Remembering that of all the things, you are a part of. You are just that.



Gently bringing some awareness into your body as you move your fingers and toes. Shaking out any part of the body that you feel need a little extra movement. And opening your eyes, coming back into the room!