



Meditation on Physical Well-Being

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Find your meditation position. Feet flat on the floor. Eyes closed or a soft gaze to the floor. Begin by taking a few deep breaths. Grounding into your seat and allowing your breath to soothe you.

As you find and focus on your breath, today, I want you to acknowledge the fact that you have done so much good work over your lifetime. Holding space for yourself, holding space for others, healing, transcending – you have done a lot, and a lot of important work to get to where you are in this moment.

So as you find the place in your body where you most feel your breath (the tip of the nostrils, the belly, the chest), I'd like for you to find a source of gratitude for yourself. As you breathe in imagine this gratitude as a warm liquid filling up your lungs...and as you breathe out imagine this warm liquid traveling through your body giving you sensations of calm presence and fullness...Breathing in warm gratitude and breathing out this gratitude through your body.

On your next breath shift your attention just a bit to think of one thing you've done over the past few weeks that has given you joy and focus your attention there. You might just want to sit with this feeling of joy for a few moments. Or, if you're looking for some more gratitude, you might repeat the following words to yourself silently, picturing yourself in a mirror:

Thank you for taking care of me.

Thank you for holding space for me.

Thank you for the range of emotions you allow me to feel.

Thank you for being you, a human on this journey through humanity.

I send you gratitude for all the work that you do.

Resting with whatever comes up for you after repeating these words...Taking a few more deep breaths in, really relishing these moments of stillness and silence. Thanking yourself for being as physically well as you possibly can.

Moving your fingers and toes now and taking whatever stretches feel right to you!