

Mikwendaagwad "It is Remembered" Sacred Circle CBT

GUIDED MEDITATION



Today in this brief guided meditation I invite you to slow down and set aside this time... as brief as it is... to dedicate to yourself and to caring for your needs with self compassion. I invite you to give yourself permission to connect to your internal experience in a relaxed, nonjudgmental and open way.

At the ringing of the singing bowl I encourage you to begin drawing attention to your body and getting comfortable in an open and relaxed position and posture. You can close your eyes or lower your gaze in a soft and partially open way. [Ring Singing Bowl]

I invite you to continue bringing attention to your body and notice that in this moment you are safe.

You can begin noticing your breath, as it enters your body and as it leaves... bringing in the air, Creators Breath or all of creations power, and a knowledge that the air is here to sustain and support you.

As you draw attention to your breath, notice the oxygen it gifts you with, and the way it brings life into your body. Your breath carries life. Notice how this life brings you strength and carries out its original instructions and work so that you are sustained.

As you notice Creators breath and all of our relations / all of creations power bringing you life, notice where it is drawn to within your body, and what corners of your body may need more of this strength, more of Creators Breath drawn to it. As you allow the breath of life to be carried to where your body needs, let your breath bring more relaxation, self compassion and love.

As you continue to draw awareness to breath, let your minds eye observe this breath as it does its important work. This breath brings us the gift of stillness. This breath brings us the gift of calm.

As you receive more gifts of this breath as you need, imagine this breath as you draw it in that it is an invisible spark of sacred fire. You breathe in this spark and observe as it dances within you, traveling behind your eyes to star nations gathered there.

As you breathe in this medicine, I encourage you to consider the life that creator's breath has brought to all our relations, through all of time. This breath, like our spirit or unconscious self, continues to connect us to the eternal circle of our ancestors, all of creation in our present life, and the faces yet to come. Notice this breath as its spark reignites or joins the fire within. Honour this breath and all it carries to your spirit force, with its unique vibrations and harmony.

As you notice this breath and rekindling of your sacred fire within, notice the warmth and relaxation it brings to your body, the peace it brings to your mind. Notice as you draw breath in how it adds flames to the internal fire of life. Bask in the glow of taking the moments you need in this day to nourish self.

Try to soften your body and notice its presence as the sparks of your breath carries energy to the parts of your body and mind that need it most. Let these sparks take hold and bring warmth to you.

Embracing the images that have resonated most with you, continue to take slow deep breaths, breathing in all that you need, all the strength of creation and its sustenance. As you hold onto this moment I invite you to notice the gift that it's brought you, and bring that gift into the remainder of your day. At the ringing of the bowl I invite you to slowly take a few more deep breaths and return to the present moment with renewed energy to face what is next.

