

Companion Guide for Meditation Download

Overview:

You've not meditated before? Congratulations on supporting yourself and experimenting with this spiritual resource from Your Source Connection. This guided meditation is part of our self-love series and is designed to support you in loving and accepting yourself at a deeper level.

Getting ready to meditate:

- Before starting, make sure you are in a private space where you will not be interrupted for 30 minutes.
- You may decide to light a candle or create some other ritual that sets apart this time as sacred and special.
- Have with you a journal or notebook for writing intentions, reflections and action steps.
- Good posture is important. Find a comfortable sitting position with your spine supported either by a chair, pillow or prop. (Seated is preferable to lying down for maintaining a higher level of awareness.)

What to expect:

- You will hear music in the background. This is designed to relax and open your imagination.
- You will also hear phrases designed to release conscious of day-to-day thoughts and feelings. This will help to create a more open and relaxed state.

- You will be guided to connect with your breath and direct it to different body areas.
- Finally, you will be guided through a visual image allowing further connection to a non-physical, broader Source perspective.
- You may experience different images, sounds, the feeling of emotional release, a sensation of peace and calm, and a heightened level of security.
- Experienced meditation practitioners may find this type of meditation more imaginative and interactive.
- Some people experience a profound, sleep-like relaxation taking them in and out of consciousness. Rest assured that whatever you experience is perfect - there is no way to get this wrong!
- There is a cumulative effect with meditation. Your experience will evolve and deepen with each additional practice.

Getting the most from your meditation experience:

- At the end of the guided meditation, you will be cued to return to your normal state of consciousness. Do not rush the process. Slowly move your fingers and toes to encourage circulation and ease the transition.
- Once awake, take a moment to write down any feelings, thoughts, images, or ideas received from your experience. Reflect on any symbolism or insights you may have gained. From these, create one simple action step that can be taken into your life today. This action step might be a concrete action, like having a conversation with someone or allowing yourself to return for further journaling of your experience. You may, instead, choose to develop an

affirmation or symbolic act reminding you of the insight received during your day-to-day life.

NOTE:

To learn more about services that may support you in applying insights from your spiritual connection please visit our website at www.yoursourceconnection.com