



MEDITATION PRACTICE



*** Set the intention to find some privacy/quiet time for yourself and ask your Guides for assistance ***



1. Settle

Get comfortable and allow your body to relax.



2. Intention

Set intention to enter practice with silence, stillness, and deep presence.



3. Ground

Connect with the Earth, resting in the present moment without trying to change anything.



4. Breath

Use breath and pauses between breaths to deepen presence.



5. Thoughts

When your attention wanders, gently bring it back to chosen focus/breath.



6. Be Still / Focus

Rest in awareness, allowing yourself to simply observe and be present — focus awareness inward.



Guidelines for Meditation & Presence

♥ Physical Sensations

Notice any physical sensations that you may be feeling or sensing. Allow them to be present and felt, not pushed away. Simply allow them to be.

♥ Emotions

Notice any emotions that you may be feeling or sensing. Allow them to be present and felt. Emotions, when allowed, can disclose their gifts.

♥ Thoughts

Notice any thoughts that are repeating or looping. Allow them to be present and heard, without trying to silence them.

♥ Surrender

Do not push anything away. Recognize all the things you have your attention on. Notice and allow them. Surrender.

♥ Silent Observation

As you rest in a silent and neutral perspective, observing without identification, realizations and resolution begin to arise.

