RELAXATION AND VISUALIZATION:  *(The purpose is relaxation and getting us in touch with our “authentic selves” to answer the question, “What is dying within you that wants to be reborn?”)*

“This guided meditation is a light trance state. All you have to do is relax and listen as I guide you. If you would rather not participate you are welcome to rest until later. Any questions before we start? Ok, let’s begin by sitting back and closing our eyes.

Know we are in a safe place and surrounded by people who know us and care about us. Relax your body, do this first by concentrating on your breath. Breathe in and out, in and out and try to clear your mind of troubles and worries about tomorrow.

Take a deep breath and starting at your toes, let your body relax up your legs, your core your arms, your neck and head. Breathe in and breathe out until the tension spills over and out until you are relaxed.

Set aside the cares of the day and the plans for tomorrow. If you have children at home trust the person who is caring for them and then are present here. If you left a spouse or partner at home, trust that they will do whatever to be happy during this time apart.

Then be present here.

Go back to your breath, breathe in and breathe out...you are meant to be here.

It is a beautiful fall day, just like today. The leaves have fallen off the trees and are on the ground and look like a patchwork quilt with all the colors of fall... yellow...gold..., orange..., brown... and red...

The birds are singing and you can hear the call of a hawk in the distance.

You find yourself at a creek and you start to walk along the path. You find a large rock where you sit and let the sun soak into you, warming your bones.

Breathe in and be aware of the moment...pause. Be aware of all that is in you. Pause.

Breathe out any ideas, memories or feelings that are not of this moment... Breath in awareness of all that is around you here and…Let’s go deeper into our authent i c selves. Let's set aside our clothing and jewelry...let’s give up our favorite snack foods...our car... our daily busy lives.

Now we are at the part of us that is unchanging. We are at our authentic self. Let’s look into our hearts to discover what is moving in us today.

Listen to her. *(Pause)*

What does she say?

What is dying in you in order to be reborn in a new way?

What needs caring for in you?

When you are ready, there are papers in front of you if you want to jot down your answers.”