

Meditation for Feeling Safe/Empowered When Times Are Tough in the World in General

- 1 Find a comfortable position, perhaps lying on the floor or in an upright meditation posture and close your eyes if you like. Take a moment to focus your awareness on the breath, noticing the feel of it as comes into your body and as it exits. Take a few deep conscious breaths, filling the lungs, expanding the belly and expelling all the air you can in a slow, rhythmic fashion.
- 2 Notice where you might be carrying tension. Focus your awareness on any areas of discomfort for a few moments, breathing into these places with the subtle suggestion that on the outbreath, they will relax just a bit. If something has you feeling anxious, notice what thoughts might be contributing to your feeling of dis-ease.
- 3 Bring into your awareness any emotions that have been generated by the thoughts. Just see what's there: fear, sorrow, anger, perhaps all of them. Allow the thoughts and feelings to be as they are with no attachment. Simply placing your kind attention on them allows them to naturally dissipate and helps you to recognize that you are more than your thoughts and feelings.
- 4 Now remember a time when you felt completely safe and at peace. Remember what you were doing and who you were with, if anybody. Perhaps you were sitting alongside a peaceful lake. Perhaps you were a child in the company of an adult whom you love and trusted completely. Perhaps you were with a beloved pet...or on a mountaintop...or in a sanctuary.

- 5 Whatever the experience that comes to mind, recall the details of the scene and let the feelings associated with that memory just wash over you. Now take one aspect from the scene and let it be a symbol for of this remembered sense of peace and safety. Let the scene dissolve and allow the feelings of peace and security to remain. Take a moment to recognize that these feelings of deep peace and safety are in you and readily available when you take the time to access them. Take a deep breath and see if you can drop even more deeply into this felt sense of peace and safety and trust. Use the symbol to help you connect, if necessary.

- 6 When you are ready, slowly begin to bring your awareness back into the room, maintaining the feelings of peace and security that came to the fore in this meditation.