

Meditation to Recalibrate

Use: After you've just experienced something emotionally intense (i.e., just heard an intense speaker story) use this meditation to help you transition to the next part of your day.

- 1 Find yourself a comfortable position either lying down or in an upright meditation posture. Take several cleansing breaths, breathing deeply down into your diaphragm, extending your belly and exhaling all the air you can. Focusing your awareness inside, notice what is happening in the body, increased heart rate, shortness of breath, whatever might have arisen in response to a situation that seemed challenging or threatening in some way. Notice the thoughts swirling in your head; what is the story you are telling yourself? Are you having flashbacks to any other similar instances? What is your emotional climate? Are you fearful? Angry? Frustrated? Simply allow the emotions to be as they are without trying to make them go away or embellish them. Recognize that your mind/body is having an automatic response to having heard or experienced something disturbing and take a moment to acknowledge that this is true for you.
- 2 Imagine for a moment, a lake that has been all stirred up by a deluge of wind and rain and as a result is brown and muddy. Imagine the winds subsiding, the sun coming out and the water calming. See how slowly but surely the particles of sediment that are clouding the lake begin to sink to the bottom. With patience, you can see how before long the lake is crystal clear, sparkling with reflected sunlight and completely calm again. That's how you are when you fully accept the present moment and simply allow your mind/body to gradually become still. Disturbance drops away quite naturally of its own accord when it's held in an open, accepting manner.

- 3 Now take a moment to visualize yourself stepping into your next activity renewed, refreshed and fully present. Acknowledge yourself for the often-demanding service work that you are doing in the world and take a moment to feel a sense of gratitude for the opportunity to make a positive difference.

- 4 Slowly bring your attention back to the room, wiggle your fingers and toes and open your eyes when you are ready.