

BACK TO BASICS, A DESIGN FOR LIVING

GUIDED TWO WAY PRAYER MEDITATION

I will now lead you in a guided meditation and the practice of Two Way Prayer. Before we begin, please write down a question or concern you have that you would like guidance with.

This meditation will last approximately 8 to 10 minutes. Please follow these prompts:

- Please sit as comfortably as you can in your favorite meditation position and close your eyes.
- Make sure your legs are extended from your body and not crossed. Have your feet flat on the floor and relax your shoulders.
- Let's begin with three full deep breaths. Inhale through your nose and exhale through your mouth.
- Let's take the first breath. Bring the air into your lungs and way deep down into your belly. *[Pause]*
- Now, let's take a second breath. Bring the air way down deep into your belly and feel your chest open and your belly expand. And exhale. *[Pause]*
- And now the third breath: Inhale and feel your chest rise and expand as your belly and your torso opening to receive breath. Exhale slowly. *[Pause]*
- Let your body sink into this peaceful place you have created.
- For the next few minutes, let go of your problems and your worries. They will be there later, but just for this little while, while we practice our meditation, set aside all your worries.
- Notice how it feels to not have anything to worry about. Notice how it feels to allow your body to relax deeply.
- Allow your shoulders to relax.
- Relax your jaw and your tongue.
- Relax your forehead, eyebrows, and your eyes.
- Relax the muscles around your nose and your mouth.
- Relax your scalp and the back of your neck. *[Pause]*
- Pull your shoulders back and down in line with your hips.
- Relax your neck and shoulder muscles as you breathe slowly and deeply.
- Feel the strength of your shoulder blades.
- Notice the strength in your lower back. *[Pause]*
- Relax your thighs. Relax your calves and ankles.
- Relax your feet. Feel your toes relax.
- Feel your entire body sink into deep relaxation and let go completely. *[Pause]*

- Relax and breathe. *[Pause]*
- Breathe and relax. *[Pause 3 seconds]*
- Allow yourself to accept all that you are right now.
- Allow yourself to accept your body just as it is at this very minute.
- Allow yourself to accept your life just as it is at this very moment.
- Allow yourself to accept other people in your life just as they are presently.
- Let go of everything you think you know about yourself and others.
- Let go of everything you think you know about God.
- Open your heart and your mind to see yourself and your life more clearly.
- See yourself in a neutral way, without judgment, open to all possibilities. *[Pause 10 seconds]*
- Now begin to feel the presence of a Higher Power within you, meeting you deep within.
- Feel your Higher Power's presence in your heart.
- Feel the love, wisdom, gentleness, and joy of your Higher Power resting in your warm and strong heart. *[Repeat, then Pause 15 seconds]*
- We sit with a gentle focus to access our Higher Power's vision for our life, for this day, for right now.
- With a calm mind and peaceful heart, ask your Higher Power:
 - "What is your vision for me today?"*
 - "What is your will for my life?"*
- Focus and listen. *[Repeat, then Pause 5 seconds]*
- Open your heart to your Higher Power.
- Ask for answers to a problem or situation that you face today.
- Be definite and specific in your request. *[Pause 10 seconds]*
- Listen and breathe. Breathe and listen.
- Be still, quiet, and open. *[Pause 10 seconds]*
- Let your mind go loose.
- Let your Higher Power do the talking. *[Pause 10 seconds]*
- Thoughts, ideas, and impressions will start to trickle into your heart and mind.
- Be alert, aware and open to each one of them. *[Pause 30 seconds]*
- If you feel your mind wandering or have distracting thoughts, it's completely natural. It happens. Just let them go with each exhalation.
- Return to your calm mind and peaceful heart and ask your Higher Power again:
 - "What is your vision for me today?"*

“What is your will for my life?” [Pause 5 seconds]

- Listen and breathe. Breathe and listen. *[Pause 60 seconds]*
- Continue to reach out with your mind and heart to your Higher Power. Feel the calm and peace in your heart.
- Let each passing thought go. Let all thoughts go.
- Return to the strength and warmth of your beating heart and ask your Higher Power again:

“What is your vision for me today? What is your will for my life?” [Pause 5 seconds]

- Listen and breathe. Breathe and listen. *[Pause 30 seconds]*
- Now with your eyes still closed, embrace the feelings or images you just experienced.
- Hold this vision in your mind’s eye. Feel your Higher Power’s response in your heart.
- Now slowly return to your surroundings by feeling the support of your seat, and gently open your eyes. Revive your body by rolling your shoulders, rubbing your hands, and stretching your arms, legs, and body. Place your warm hands over your eyes. *[Pause 2 seconds]*
- Whatever you received in your meditation—elaborate plans, images, words, peace—accept it as a gift and commend yourself for this self-nurturing moment and for choosing to sit with and rely upon your Higher Power. *[Pause 5 seconds]*
- Rub your hands together again and hold them to your heart. Take a deep breath and smile. *[Pause 3 seconds]*

This concludes our Guided Meditation. You may write down whatever word, images, plans, or guidance you received.