

## GUIDED TWO-WAY PRAYER MEDITATION FOR BACK-TO-BASICS

8-10 minute meditation.

[Please go slow enough so participants will have the time to drop in]

Please sit as comfortable as you can and close your eyes.

Take 3 deep breaths.

First inhaling in through the nose and exhaling out the mouth.

[pause 10 seconds]

For the next few minutes have no problems and no worries. There is plenty of time for that later. They will always be there later. But just for this little while, while we practice our meditation today, have nothing to worry about.

And notice the way that feels to not have anything to worry about. And notice what it feels like to let the body move into deep relaxation.

Allow your shoulders to relax.

Relax your jaw, relax your tongue and forehead.

Relax the muscles between your eyebrows.

Relax the muscles around your nose and mouth.

Relax your scalp and the back of your neck.

(pause)

Relax your shoulders and position them above your hips.

Experience the strength between your shoulder blades.

Notice the strength in your lower back.

(pause)

Relax the muscles in your thighs.

Relax the muscles in your shins and ankles, relax the bottoms of your feet.

Feel the relaxation in your toes.

Feel the whole body now completely relaxed and now let go completely.

(pause)

Relax and breathe.

(pause)

Breathe and relax.

(pause for three seconds)

Allow yourself to accept yourself just the way you are just this minute.

Allow yourself to accept your body just as it is right this minute.

Allow yourself to accept your life just as it is right now.

Allow yourself to accept other people in your life just as they are right now.

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 seeing yourself and your life more clearly.

See yourself in a neutral way, open to all possibility.

(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 the warmth and the strength of your own heart. (repeat)

(pause for 15 seconds)

During this guided meditation, we focus on gaining access to what our Higher Power's vision is for our lives, 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 in and listen. (repeat)

(Pause for 5 seconds)

Open your heart to your Higher Power.

Ask for answers to the problem or situation that you are facing today.

Be definite and specific in your request.

(Pause for 10 seconds)

Listen and breathe. 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 begin to come into your mind and heart.

Be alert and aware and open to every one of them.

(pause for 30 seconds)

If you feel your mind wandering or if you're having distracting thoughts, that's completely natural. It happens.

Just let them go.

Return to the calm in your mind and the peace in your 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 for 60 seconds)

Continue to reach out with your mind and heart to your Higher Power. Feel the calm and peace in your heart.

Let the little thoughts go, let all of the 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 for 30 seconds)

Now, with your eyes still closed, hold on to the feeling or image that you have experienced.

Look at that vision in your mind's eye, feel your Higher Power's response in your heart.

Whatever you received in your meditation, accept this gift and commend yourself for nurturing yourself in this way, for choosing to be with and depend upon your Higher Power.

(pause for 5 seconds)

Now, gently open your eyes and revive your body. Roll your shoulders and stretch.

(pause for two seconds)

Rub your hands together and then hold them to your heart. Take in a deep breath, and smile.

(pause for three seconds)

This concludes the Guided Meditation.