

Meditation: Finding your Symbol (approx 10 minutes)

Intro:

- Relaxation Breath/Soften your body
- Mini body scan

Lesson:

- Think of a situation in your life that you found challenging or stressful at the time, but that worked out in the end and you were happy with the outcome.
- Think of how you felt, how your body felt when you were satisfied with the outcome
- What is the image that comes to your mind when you think about how your body felt when you felt happiness with the outcome. The image should be a visual object but it can be a form, or even a color or a shape. Try not to overthink it and accept the form that comes to your subconscious.
- Once you have the image in your mind, let the image flow from the center of your head down to the base of your tailbone stopping at the top of your head, back down your head, down your neck, past your heart center and waist and lower back. Be sure and let it hover in each of these places. Repeat the same journey but from the front up the navel, to the heart center and back to the top of your head. During this body scan, let your body open up to the feeling that comes when you are satisfied with an unanticipated outcome. Let that feeling flow and fill your heart center. Associate that feeling with your image or symbol.
- Release your symbol. Rest for a few minutes.
- Bring back the feeling of happiness that your body feels when a situation works out and you are satisfied with the outcome. Bring back the image of your symbol in your mind. Connect the symbol with the feelings of joy in your body.

Instructions/Closing:

- Repeat meditation several times to solidify association between your symbol and feelings of joy at an unanticipated outcome. Use meditation during situations where you are stressed or anxious about an outcome to remind yourself of times when everything worked out at the end.