

BUILDING OUR BUNDLE

WEEK 5 MINDFULNESS PRACTICE: CONNECTING WITH SPIRIT

Mindfulness is a great skill to help us regulate our emotions and thoughts and to help keep ourselves in the present moment. Take a few moments to read through this mindfulness exercise. Try to focus your attention on the present moment without judgement. When distracting thoughts or feelings come up, just notice them and let them pass, returning to the present moment again.

Today we are going to start off by engaging in a guided practice in order to try to check-in with our spirit.

Start by finding a position that is comfortable for your body. You may close your eyes if you are comfortable.

Take a few deep breaths through your nose and let the air escape from your mouth.

Just breathe at a pace that feels nourishing to your body and spirit.

Feel your body begin to relax with each inhalation and exhalation.

Allow the tension to release from your body; starting from the top of your head, to your shoulders, through your arms and fingertips, to your torso and inner organs, down to your legs, and out to the tip of your toes. Just allow anything that is not serving you in this moment to slip away.

With each inhale, imagine that the air in your lungs is making your body lighter and lighter. As you breathe, you are feeling so light, that you may even begin to float up above your chair, above your house, into the sky feeling light, and safe, and relaxed. Perhaps you continue to float higher and higher into the clouds, into the stars.

Way up here, you feel yourself becoming aware of all the energy around you. You begin to notice that each star in the sky has an aura, an energy, and a spirit. As you float among these cosmic beings, you become aware of their connections to one another and to you. You can sense them communicating with one another and with you.

As you feel the energy of all these beings, you begin to notice an aura within you begin to glow. Take a moment to connect with this feeling, of your spirit awakening to find connection with all of creation. Where is your spirit dwelling within your body? What does it feel like? Where is it being called to? As you set your intention on connecting with your spirit, you can feel the energy of your spirit strengthen. What begins as a small glow begins to grow and grow until your body is consumed with a beautiful, coloured, light. The light feels warm and familiar, like a nice soft blanket. It begins to grow stronger and stronger, and begins to permeate from the limits of your physical body into the vastness of space. As it spreads, it touches each star in the sky, creating new auras of light in an astounding display of colour and movement. As you float there in the heart of creation, you feel an astounding sense of belonging, of connection, of purpose and of love.

You take a few more deep breaths here in this place of unlimited connection. With each inhale you bring in that feeling of connection. With each exhale, letting go of thoughts and feelings that sit heavy on your spirit.

With one more deep inhale and exhale, you feel yourself start to sink back through space, through the clouds, through the roof of your house, and back into your chair.

You may resituate yourself in your body by taking a few more breaths, wiggling your fingers or toes, and thanking your spirit for all that it does for you.



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