

My Room Meditation

Get as comfortable as possible with your eyes closed.

Tense up your forehead and relax it. Tense up your face and relax. Tense up your neck, relax. Your shoulders, relax. Your chest and back, hips, legs, shins, feet, arms, and hands, relax.

Take a deep breath in and imagine the number 10 as clearly as possible in your mind, breathe out.

Take a deep breath in, imagine the number 9 as clear as you can in your mind, breathe out.

Deep breath and imagine the number 8, breathe out.

In and 7 as clearly as possible, breathe out.

In and 6, out, in and 5, out. In and 4, out. In, 3, out. In, 2, out. In, 1, out.

Now imagine a staircase with a railing in your mind. You can make it out of anything you want. It can be made of anything, stone, grass, glass or even clouds or water.

Now imagine you are standing on the top step with your hand on the railing.

Take a deep breath in and see, in your mind, the number 10 on the top step and then step down to number 9. Deep breathe in down to 8, in down to 7, down to 6, to 5, 4, 3, 2, 1.

Now imagine a door in front of you. Grab the knob, turn it, enter the blank room and close the door behind you.

This is your room. You can make it anything you'd like.

Look behind you at the wall with the door on it. Take a minute to add any kind of flooring and lighting you want for your room.

Look at the second wall. Take a minute to put anything you'd like on the wall, pictures, furniture, whatever you'd like.

The third wall is a full glass window. Imagine what is outside your room. You can be anywhere at any time. You can be anywhere from the bottom of the ocean to the middle of space. You can be in the future or past, or simply at the beach, it's up to you.

Now look at the fourth wall and create a sitting space for two people. Invite anyone, dead or alive, real or imaginary, to your sitting area. Greet them, ask them one question and wait for an answer.

Now tell your guest goodbye and go to your door. Open the door and close it behind you to see the stairs in front of you.

Now imagine the numbers on the stair as you go up to the top. 1,2,3,4,5,6,7,8,9,10. Open your eyes and feel awake and happy.