

# Creative Meditation Process By Carol Caring

Become aware of your breath.

Write down any concerns or worries.

**Puppy sigh** Two quick breathes in one long breath out repeat

**Stop Look Listen** Listen to your heart!

**Head Shoulders Knees Toes** Fill with the white light of LOVE.

**Square Breathing** inhale count of 4, hold count of 4, exhale count of 4, hold count of 4

repeat

Breathe naturally.

**Read** something inspiring

**Pray** Prayer is talking to your higher power.

**Meditate** It is Listening to your higher power.

pick a focus: it can be your breath, a sound, an object, a word or group of words

Or a combination of

Gently come back to your focus when your mind wanders. It is OK, you cannot do this wrong.

Work up to 20min

**Create** write down your experience

allow the spirit to inspire you