

Meditation Prescription for STRESS

Meditation #1(Grounding)

- ➔ Find a peaceful spot in nature(must be able to touch the earth with your feet)
- ➔ Stand tall, plant your feet firmly on the ground, about shoulder width apart, straighten your spine, pull your shoulders back, leave your arms comfortably at your sides.
- ➔ Breathe deeply, inhale through your nose, exhale slowly from your mouth(do this 3-5 times)
- ➔ Focus on your feet, they are connecting you to the earth and allowing you to draw energy from it.
- ➔ As you breathe in, visualize white light(energy from earth) filling you, going to all the places in your body and mind that need it, as you exhale all negativity(bad energy) leaves your body and dissolves into the earth.
- ➔ You are connected with an infinite energy source, take what you need.
- ➔ Practice this meditation 3 times per week or as needed.
- ➔ Give some of this energy back to others, through love, generosity, and kindness. Energy was meant to move, it should be in a constant flow. (coming in and then going out again)

Meditation #2 (Mindfulness)

- ➔ Stress keeps us dwelling on the past or worrying about the future, this leaves no room for us to truly be present in our lives, or to enjoy what is happening in the moment. Life is what happens in the present moment!
- ➔ Find a quiet, comfortable space to meditate, be sure you will not be disturbed.
- ➔ You can sit, stand or lay(whichever feels most comfortable to you)
- ➔ As you breathe, focus only on each breath, push every other thought from your mind, as thoughts arise simply acknowledge them and gently pull your focus back to your breath.

- ➔ Don't get stressed as intrusive thoughts come and go. It may be difficult to stay focused and present, but as you practice this meditation more and more, it will get easier.
- ➔ This meditation allows you to focus on the present moment, you are simply breathing to sustain life.
- ➔ For just a moment there are no problems, worries, you are just enjoying being alive.
- ➔ You can keep a notebook close to you, if a thought arises that is important, write it down for later. This way you don't have to hold on to it during your meditation.
- ➔ Practice this Meditation 3 times a week or as needed

Meditation #3(Healing Waters)

- ➔ Find a comfortable place to lay down(you can sit if needed)
- ➔ Relax your body one piece at a time, start with your toes and move up until you reach your head.
- ➔ Tense up each muscle and then release, letting it sink into the bed and completely relax.
- ➔ When you finish this process scan your body for any areas that still feel tense, repeat the process until you are completely relaxed.
- ➔ Take 3 deep breaths
- ➔ Visualize a sparkling pool of healing waters surrounded by a beautiful forest, filled with bright colored flowers and tall trees. This place is peaceful.
- ➔ The water is warm, comforting, healing. The waterfall behind you is pouring new, fresh, healing waters into the pool every second.
- ➔ As you swim and splash around, the water is replenishing your health and energy. You can feel your body getting stronger.
- ➔ The healing waters wash away stress, sickness, pain while restoring your energy.
- ➔ Swim in the waters as long as you need.
- ➔ Practice this meditation 2 times a week or as needed