

Breathing Space

(a guided meditation)

I invite you to come into awareness of this moment

not all of the things we need to do with the rest of our day or the rest of our lives.

not all the things that we've done that we need to process or think about or worry ourselves with...

I invite you to think about

right

this

moment

it is really hard to quiet our minds so as we begin

I encourage you to take one long slow deep breath

feel your shoulders drop away from you ears

maybe feel your awareness come more toward center

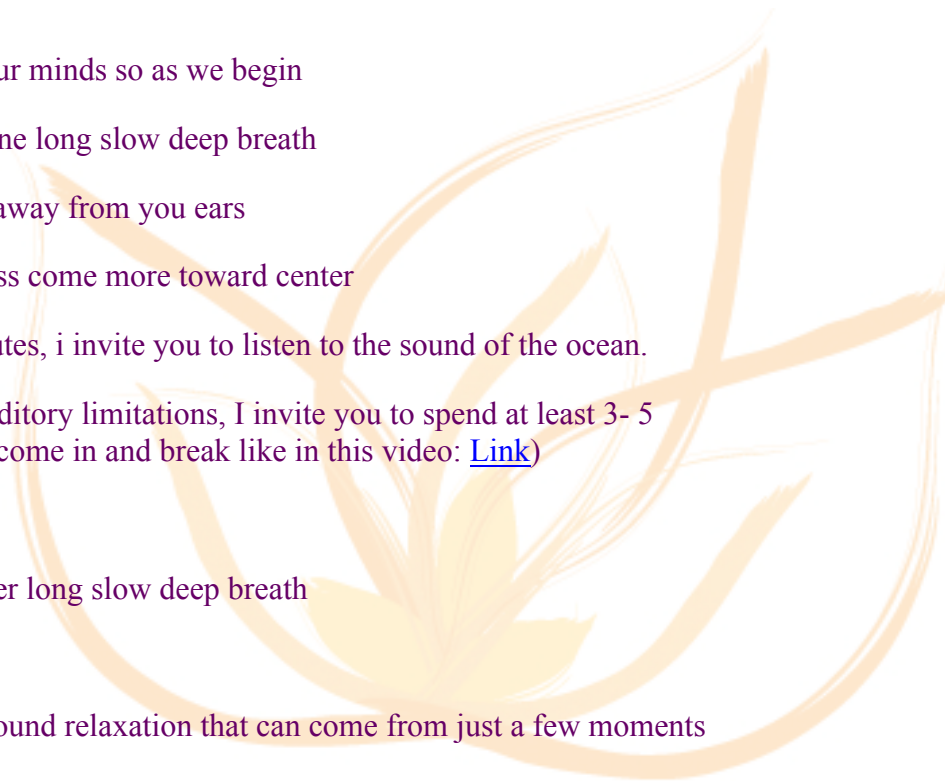
and for the next few minutes, i invite you to listen to the sound of the ocean.

(For those of you with auditory limitations, I invite you to spend at least 3- 5 minutes watching waves come in and break like in this video: [Link](#))

I invite you to take another long slow deep breath

and to recognize the profound relaxation that can come from just a few moments of mindful awareness

You can give yourself this gift anytime you need it. The trick is in *remembering*.



This meditation was originally recorded by Kate Johnson (that's me!) for seekyourcourse.com



Your heart is listening.



copyright 2013, Kate Johnson
www.kate-johnson.com