

The Full Life Podcast Episode #20
“Reboot” Guided Meditation: Building a Sacred Garden in Your Mind

Close your eyes and take a couple of long, slow deep breaths through your nose, and gently and slowly exhale. Let's do that 2 more times at your own pace. Slowly. Focusing on the air coming in your nose and how that feels, and then gently exhaling.

I want you to imagine, to visualize that you are entering an elevator. The doors open, you step in and you select the ground floor. The door close slowly. As the elevator begins to go down, you notice that beautiful relaxed feeling is coming over you. Your breathing naturally slows, your shoulders relax, your face softens.

When you arrive at the ground level, the doors slowly open and you look out. You have arrived at a beautiful garden. You step out onto a cobble stone walk; If you like, you may remove your shoes and feel the earth firm below your feet.

As the elevator doors close behind you, your full focus looks ahead. It's a warm, sunny day. The garden offers shade and a lovely breeze that feels just perfect on your skin.

From here forward I would like you to build this garden into a space that is perfect for you, however you choose to fill it. What type of trees do you like? Is there grass, more cobble stone? Perhaps moss growing? Is there a waterfall? Is the water running? Quickly or slowly? How does it sound? Perhaps your garden has a stream running through it or small pond with lily pads? If you listen closely, see what wild life you can hear? Birds? Frogs? Other signs of animals? Did you notice the beautiful blue sky through the trees? If not, take a moment to look up. Notice how the blue contrasts against the greens and browns of the trees.

Now I would like you to find a place to sit comfortably for a few minutes; to rest, to slow down, to rejuvenate, to take in the beautiful surrounds. As you sit, take a couple of long, slow deep breaths. Really feel a sense of relaxing with each inhale and exhale. Notice any smells around you in your garden. Please sit here and just take in the beauty and stillness as you follow your breath for a few minutes. (continue in stillness for 2-5 minutes)

Now, gently coming back, please take a moment to bring your attention back as you make your way back to the elevator doors. As the doors open, step in and as they close and begin to go upward notice your awareness coming back to the space around you.

When you arrive at your floor, before the doors open please take a moment to acknowledge that this sacred garden you built today is **ALWAYS** available to you; a place you close your eyes and go to anytime you need it. A place of stillness and silence where your body and mind can repair, replenish and find balance.

From my Full Life to YOURS, have an amazing day!

*The
Full Life*

Spark Joy & Happiness In Your
BeautiFUL Life