

Perspective and Balance

Intention: This imagery is intended to help find or regain and maintain a sense of balance when you feel stressed, anxious or overly busy. You will hear the term “cycle of breath” used several times. A cycle of breath includes inhaling and exhaling, so one in-breath and the following out-breath is considered a “cycle of breath.”

Begin by finding a comfortable position. See if you can align your spine, shoulders and head in a way that feels supported and comfortable.....

And now simply focus on your breathing for three cycles of breath (Claire: wait for it – even demo)....see if you can use your diaphragm muscle at the base of your lungs....when you inhale you’ll feel your belly expand, and as you exhale, feel your belly release toward your spine.....(wait for it).....and with each breath, notice the filling and emptying of your breath...your body receiving nourishing breath and releasing spent energy or tension as you exhale.....sending each breath more deeply into your body and being....importing energy, nourishment, calm... and exporting fatigue, spent energy, tension, any distraction...

And you notice a sense of settling within yourself....quieting....feel the releasing of that which no longer serves you....muscles softening....joints softening...notice the melting of tension from head to toe...taking another cycle or two of breath to allow this..melting and release...(wait)..allowing any discomfort of mind or body to simply melt and flow downward through your feet and into the earth....if thoughts or feelings arise to compete for your attention, simply allow them to pass through to the surface and be released...sending them on their way....no need for engagement....always bringing your awareness back to your breath...

As you continue to simply breath, perhaps you notice a sense of the volume being turned down....perhaps a sense of opening as clutter is released and cleared away...any sense of “push” or exertion simply relinquishing...intensity soothed and reassured....

And when all is quieted and softened, as you continue in this easy state of being, you're aware of a subtle, yet strong presence....a beneficent presence that is familiar to you.....emanating from

deep within your core....maybe you notice it as the steadfastness of your heart beat.....perhaps you experience it as a hum or vibration, perhaps as a quality of energy, perhaps as a light, or maybe a symbol.....this presence that is a constant at your core.....supporting you – no matter what.....Take two cycles of breath while you connect more fully with this energy.....

And you are aware that this presence is ever-present....always just a few breaths away....a pedal point....always available as a source of stability...your undercurrent of wisdom, balast, purpose, intent, comfort, strength and knowing.....resonating deep within your being that offers perspective....balance....movement....re-membering.....always present, willing and able....

A perfect companion for this day.....encouraging you to let go of worry...to make room for hope....a balance of light and dark....a bridge of endings and emerging....the teeter-totter perfectly balanced between “was” and “will be”...This constant in the midst of change....your deeply rooted and grounded presence of stability....supporting intent for balance in body, mind and spirit....and you're aware that this pedal point of energy and knowing is always available to you.....aware that each time you allow yourself release and connection with these sensations something special happens ...with each reconnection, the discovery of that which you seek.....

And with two cycles of breath, you allow an image or phrase from this experience to surface....an image, word or phrase that will accompany you into your day and beyond...a reminder of this connection to your core of stability...a reminder of your connection to your intent...a reminder of your abilities to be present in every here and now.....and so it is