

Freedom Meditation

Take a moment just for yourself

Take a long slow deep breath

Really feel your breath

Notice how it feels as it goes in and out of your body

Feel what a miracle your breath is

No imagine a beautiful Chalice

You can see the Chalice as half empty or half full

Which is it?

What happens to your experience as you decide?

So it is with life.....

Take a few more long, slow, deep breaths

Experience some thing that brings you Joy

Really allow the feeling of Joy to fill your body.

Imagine bringing that feeling with throughout
your day. Each day!

Imagine you experience the joy in everything.

You can live life full of joy and love

Or

Struggle and fear

Imagine the difference?

As you go about your day.

Pause! Take a long slow deep breath

Ask yourself

What would love do?

How can I see through the eyes of joy?

See what happens?

Remember

Joy is always just a breath away

Take a long, slow, deep breath

And allow yourself to be filled with joy

Now and always!

(adapted from Susan Gregg 2009, Hawaii)