

This track is a guided meditation called “Breath Is Like Magic.”

The first essential thing in any meditation is to feel relaxed. Find a posture that is comfortable, relax your jaw, your shoulders, the muscles in your arms, your legs ... and begin to breathe deeply in through your nose and then out through your mouth ... a long sustained breath out ... in and out, in and out, following your breath in and out.

When you follow your breath, you will be present and mindful of your body becoming more and more relaxed ... all tension melting away.

Once relaxed, you will be guided to use your imagination and creativity to jump-start your healing process.

When you meditate by calming your breath and stilling your mind, you are giving your body a break from pain and anxiety ... and the rest and rejuvenation it needs to heal.

To begin:

Whether you are in bed, reclined in a chair or sitting with your feet firmly planted on the ground ... close your eyes and begin to breathe in and out, in and out ... at least ten times.

Your breath is like magic ... it holds the knowledge of your pain, it also holds the knowledge of your joy. It knows what you are afraid of and what you dream of. It holds the knowledge of all your identities, including the healer within. It knows all that you would like to be and how you would like to be seen. And, it holds the truth. Your breath goes everywhere ... it is part of everything that you are.

Your breath knows you are relaxed, you are safe, you are loved.

Breathe in, breathe out. Breathe in, breathe out. As you breathe in, you are breathing in goodness, air and oxygen that support you. As you breathe out, you can let go of anything troubling you, anything negative, anything you wish to wash away.

After practicing for a few minutes, gently open your eyes feeling refreshed and ready for the next meditation.