

## Honour Where You Are At (10 Minute Presence Meditation)

We're going to start in a comfortable position, either lying down or seated,. Just wherever you are, start to find that inner stillness and from here you can close your eyes.

Allow the tension and awareness to draw inwards away from your external surroundings, away from all the thoughts that might be surrounding your day. Just tapping into this present moment right here. Tapping into the presence of being here and now.

Becoming aware of the breath as you inhale and fill up the lungs, the belly, the chest, and exhale out drawing the navel towards the spine.

We'll do three more intentional breaths like that.

So we inhale through the nose and we exhale all the air out. Inhale deep into the lower part of the belly and exhale out. One more inhale. Holding this one at the top, take one more sip of air in and then exhale, sigh it out. Let it go. Feel the even flow of your breath in the body and then notice where the physical body is at today.

So checking in, notice if you are holding a lot of tension in your physical body. Notice if there are some areas that are feeling quite tight. I'd like you now to bring your attention to those areas and then intentionally and actively release the tension here. Allow the body to soften, to let go, to release. And when we observe the physical body here, it's not done with any judgment, or with any preconceived idea of what it should feel like. So you just observe your physical body, where you are today and accepting where you are at, honoring where you at. There's no right or wrong. Knowing that we can shift the sensations in the body when we feel we need to.

Then in the same way we become aware of the mental body, the mind. Noticing the mental body, notice if there are specific thoughts, emotions, feelings, sensations that might be drifting through the mind. Notice any worries, fears, intrusive thoughts that are just not serving you in this moment and in the same way we did in the physical body, soften, let go and release these thoughts without judgment but rather with observation.

Honoring where you are at mentally and knowing that the headspace you are in can be shifted and change in a way that empowers and serves you the most.

Through honouring the physical, mental body and the emotional body we meet ourselves where we are at in a complete and neutral space. No judgments, no ideas of right or wrong. Just simply accepting our present selves.

We are constantly evolving, constantly transforming, constantly changing, in constant shift of energy.

Wherever you go that's where you are.

Gently, once again, take your awareness back to your breath. Gratitude and appreciation to the breath, the vital life force. This breath that allows us to shift these energies, whether mentally, physically or emotionally, this breath that allows us to tap into the present moment.

The breath that grounds us and keeps us centered and at ease.

To close our practice, off we'll take one big inhale through the nose and exhale all the air out. If you would like, you can bring the hands on top of the chest, feel the connection of the palms on the centre of the chest. Gratitude and appreciation to yourself for taking time for some stillness. Taking time for yourself and honouring where you are at.

When you are ready, you can blink the eyes open.