

Meditation to Find Your Way From Here to Now

Find a comfortable seat or let yourself lay down. Put one hand on your heart. Breathe the moment there.

Inhale through the nose. Exhale through the nose. Notice the length of your inhale and make the exhale twice as long, for 10 breaths.

Then return to your own rhythmic natural breath flow.

And as the breath flows observe the mind. Thoughts happen. Release judgment. Release ideas of good and bad, right and wrong. Release judgment from the heart and invite your heart beat into your mind. Follow its rhythm with the breath.

Belly rise and belly fall.

NOW holds all your needs in your heart. Now promises now with each breath and in every heartbeat.

Take in the sounds around you. Close your eyes or soften the gaze. Let focus go. Let the thoughts float in now with the same ease clouds rest in the sky. Let your heart move with the sounds. Listen to your heart. Let it soften and melt like ice becomes water.

Let feelings move through you. Find presence in your heart, the breath. Let the sounds melt into the background and tune into the heart.

Experience light. Light dwells in all hearts. Embrace the shadows that dance and shine the light on them. See the truth of now in your heart as the mind moves toward the quiet here.

Plant the seed of now and know the bloom is you. You are here now. Use this as a map to find your way into any moment. Peace waits in every moment.

You are the moment. The moment gives the light in you back to you. The heart promises solace when you listen.

Listen now. You're here.

~ Edith Lazenby