

# Meditation Exercise with Toni

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Welcome back everybody. In this segment, I am going to take a few minutes to lead you in a guided meditation. The purpose of which is to just start to be able to experiment with tapping into this idea of an inner self. If you're comfortable, you can close your eyes and begin by taking some nice, long deep breaths. The breath is such a wonderful regulator of the autonomic nervous system, of the whole system, so just beginning to allow your breath to move in and out. Bring your awareness to your diaphragm, and to just focus on your breathing and noticing how your body does this without you having to will it or make something happen.

You can even begin to use your breath as a way to move yourself inside, almost like riding a wave. Then if it feels right to invite your body to relax just a little bit if it can. No place to go, nothing to do, just breathing. You might bring your awareness to your shoulders, to your belly, and with each exhalation, just invite any tension in your body to begin to let go.

Now, I'm going to invite you to bring your awareness, bring your attention to your heart. As you breathe, just focusing on your heart, almost as though you're not only breathing with your lungs but also with your heart, just paying attention to the inflow and the outflow. You might also notice if you are able to just see if you can breathe your heart a little more open, a little more spacious. No pushing, no rushing. As you're breathing and creating a little bit more space, you might notice that you have thoughts, feelings. You might even be aware of sensation in your body. From your breath and from your heart and from your awareness, just notice, just notice who's there.

If you notice that you have parts that think that you should be doing something right now, just ask those voices to trust you, to relax back. Without judgment or criticism, just notice what's happening inside. No agenda. If you notice that you're being pulled away from yourself, that's okay. Just deepen your breath and come back to yourself. Just noticing. Now, begin to deepen your breath again and as you begin to bring yourself back, just notice again thoughts, feelings, sensation, and how you're feeling toward all of it, how you're feeling toward all of who you are in this moment, and then coming all the way back. If it feels right, you can find a pencil and a paper and just make some notes about anything that you noticed, how you're feeling and what this was like.