

TOWARDS OUR MEANING & PURPOSE: A MINDFUL AWARENESS BODY EXERCISE

Take a deep breath and gently relax your hands in an open position, and put them on the side like so, and use this gesture as a way to connect with relationships of support. Let this gesture be a reminder of your need to provide an extra hand to others, & at the same time to receive an extra hand, especially when your balance is off or wobbly.



Put one hand over your belly, and the other behind your back. Take another deep breath.



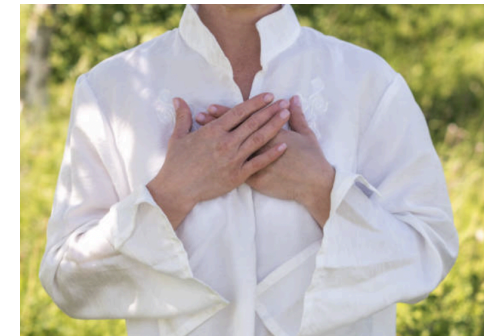
Beginning with your hand at your front, may this body awareness of what's in front connect you with your hopes for the future, or your direction forward towards your meaning & purpose. If that's too unclear, or too far out to see, THEN perhaps connect your awareness with the next right step forward in your journey.

Remember that all you need at this time is to take the next step forward. A baby step.

Take another deep breath. And then feel your hand on your back. As you feel that hand on your lower back, feel a sense of support or reinforced strength from your source of motivation, which can be from a guide that you know of. But since the back is oriented to the past, this support can also come from your past - perhaps from a spiritual ancestor. Sometimes for some of us, this nudge can come from our higher power, or our source of wisdom. Feel your hand as a gentle nudge to encourage & inspire you to move forward towards the future.



And then last, put your hands over your heart. Notice the connection you have made with yourself. If you feel the need to take another deep breath, go ahead.



With your hand you can feel your body. Picture sending warmth through your hand into your heart. From inside, feel the gentle pressure of your hand. Let yourself receive warmth and kindness through that spot. Know that your own compassion and strength are supporting you, and helping you to ground your body in this present moment.

MAY IT BE SO.