



21 Days to a Quiet Mind Horse Meditations

Day 1

MEDITATION TRANSCRIPT

Being able to find a Quiet Mind no matter what is going on in our lives is SUCH a wonderful skill and finding the easiest trigger for you to drop into it, is a really good deal.

One or more of these ways of feeling inside yourself will usually work better than others – so just notice which ways are easiest for you to feel what’s going on inside your body.

Breathing in and out, gently focusing on the out breath... Noticing what’s happening to your body on the out breath -just noticing the way that the lower part of your ribs just squish the breath out of your lungs. There’s a picture of what that looks like in the Keys to Success.

You’re not pushing the air out of your lungs on purpose, just notice how it happens as you pay gentle attention to your out breath.

Notice as you’re paying attention to your out breath that the movement of your ribs becomes easier, more relaxed and more flowing.

Let’s start off in our meditation with deciding to be kind to ourselves today. Right now, pause for a moment and feel what it feels like inside your body, to decide that you will be kind to yourself today and always.

Paying gentle attention to the out breath and the way that your ribs are just squishing that breath out of your lungs.

Notice the tiny little pause that is starting to come at the bottom of your out breath, where for just a split second, you don’t need to breathe in yet.

Smile a little bit and feel your smiling ahhh eyes, the kind of eyes that you feel when you’re smiling and watching a foal playing or a puppy or a kitten.

Keep smiling with your eyes and noticing that pause that may or may not be there yet, at the bottom your out breath.

Now see if you can feel your heart beating ... and if you can’t quite feel that, then just imagine that



.....**MEDITATION TRANSCRIPT**.....

you can.

Be aware of any Energy flow around your body, feel for any sensations of energy in your hands and down your legs into your feet. Smiling ahhh eyes, knowing that your own unique talent will flow easily.

Notice any feelings, any warmth, any physical feelings in your body, can you feel the movement of the hairs on your arms, the feeling in your body as you smile with your eyes. Notice everything about how good it feels to smile with your eyes like this.

Paying gentle attention to your out breath.

Notice any emotions, just gently notice everything and allowing all of it to gently flow.

Be aware of any thoughts or ideas that float across your mind, just noticing them and allowing them to flow too. Like our breath and our heartbeat and our energy, our thoughts – even our worries - are always a good deal - they are just another way of experiencing connection to ourselves and to others – so allow them to float through your mind, all the way to the pure gold of the understanding at the bottom of them.

So whatever your strongest feel is today as you have been feeling inside yourself, whether it's breathing that's easiest, or feeling for your heartbeat, or feeling the energy move around your body, or noticing your emotions or allowing your thoughts to gently drift across your mind - continue to notice everything about how you feel right now, with your smiling ahhh eyes and for the next few minutes, allow the beautiful voice of Deva Premal and the Om Ram Ramaya mantra, to bring you balance, strength and healing directly into your physical body, your mind and your emotions.

...Deva and Miten singing the Om Ram Ramaya...

Deva has the voice of an angel doesn't she? So still paying gentle attention to that outward breath, feel down to your feet and how they feel on the ground, flex your toes and really feel the ground with them and take this relaxation and quieter mind out into the rest of your day.