



## MEDITATION TRANSCRIPT

Today's meditation is a whole new level of problem solving in the most beautiful way. It's about those feelings from our own dreams with horses – it's about finding out what, if anything, has to change in order for you to have those beautiful feelings that you always wanted with your horse - it's about a pathway to those dream feelings with your horse.

So... noticing your outward breath... and the way that your lower ribs just squish inwards and the breath goes out. Notice whatever pause is happening at the bottom of your breath. Be aware of your heartbeat and if you can't quite feel that then just imagine that you can. Be aware of any movement of energy around your body... and any emotions that you may be feeling. Allowing any thoughts or ideas or images to float across your mind. Allowing the flow of ALL your feelings, knowing that understanding those feelings means that you can ALLOW them to flow.

Keep that gentle, expanded awareness of what's going on inside you as you allow whatever it is that is in the way of those beautiful feelings that you dreamed of with your horse, to float to the surface of your mind when it's ready.

And as you listen to the Tamare mantra from Deva & Miten, feel the expansion of that beautiful awareness of whatever it is that will bring you closer and into, those beautiful feelings that you dreamed of with your horse.

*{ Listen to Deva Premal & Miten singing Tamare Darshan – the season has arrived, where I will finally see you and dance with you, with the breathing in of joy, it is time to live in bliss. Here are the words if you would like to chant along:*

*Tumare Darshan Ki bela  
Ye Mausam ras rachane ka  
Liye ullas ki sanse  
Smai masti me jine ka }*

So... feeling your feet on the floor or the ground, feel your toes, flex your feet and feel the floor, really give your feet a wriggle and feel into the ground. Have a stretch and take this knowing that with this awareness, you CAN have those beautiful dream feelings with your horse – and take that knowing out into the rest of your day.