

Healing Garden Meditation

This meditation can be used anytime you feel yourself experiencing stress, anxiety, worry, exhaustion or pain in the body. The goal of the meditation is to allow yourself to relax using the visual imagery of a garden of your design. As you deepen your awareness and relax, healing of mind and body is possible as the negative effects of mental, emotional and physical stress are released.

As with all meditations, find a comfortable position, sitting or lying down, legs and arms uncrossed, close your eyes and take in 3-6 deep breaths. On the exhale, bring your awareness to any tension in the body and gently let it go.

Once you are in a more relaxed state, visualize, feel or imagine you are walking through the most beautiful garden – a garden of your own creation. See the colors of the flowers, breathe in the pure air, feel the warmth of the sun, perhaps hear the sound of a brook. Allow yourself to see a beautiful old oak tree in the center of your garden and walk to it, sitting with your back against its wide and supportive trunk. The roots of the tree go deep into the earth and you are connected now to earth and sky.

As you sit in the garden, bring your awareness to your breath. With each exhale, repeat in your mind: (Use these or create your own positive affirmations)

I am at peace
I am calm
I now consciously release all stress, worry, anxiety and pain.
I am at peace.
Right now, I have all that I need.
Right now, I am safe.
Right now, I am at peace.
I am grateful.
I am peaceful.
I am healthy

If other thoughts intervene, just allow them to float by and return your focus to your breathing and affirmations. When you feel yourself experiencing calm, take three deep breaths and on each exhale bring your awareness back to the present. Open your eyes and return to your day feeling refreshed and restored.

Please feel free to share this meditation if you wish, just include the following:

Cathleen O'Connor is an inspirational speaker, writer and workshop leader. You can sign up for a FREE subscription to Cathleen's newsletter, *The Balance Beam*, at www.cathleenconnor.com.