

# Meditation for Renewal

This is a meditation for renewal.

Find a comfortable position either seated on the floor or in a chair, or lying down on a comfortable flat surface, like a yoga mat or bed. Make sure that you feel supported and warm.

Make any necessary adjustments to clothing or props so you can settle fully into the practice.

Take a moment to honour this time for yourself, without agenda or expectation. Embrace this quiet time, to restore your energy and reconnect with your truest self.

Take a deep breath in through the nose, feeling your belly and rib cage expand. Exhale and slowly release.

Inhale deeply again, then exhale and allow your body to relax. Let your muscles begin to soften. Across your shoulders, jaw and face. You are supported, you are held.

Continue to breathe deeply and become aware of your thoughts. Notice them without engaging. Allow them to rise and pass, like clouds drifting through the sky.

On your next inhale, welcome a sense of renewal into your being. On the exhale, release anything that no longer serves you. Any negative thoughts, beliefs or stories that keep you from dwelling in the moment.

Continue to breathe soft and slow, thinking 'renew' on the inhale and 'release' on the exhale.

Bring your awareness to the rest of your body. Notice how you feel physically. Notice how you feel emotionally and energetically.

Begin to make small movements to draw your awareness out. Take your time rising out of your position, and hold a moment of stillness and gratitude before moving through the rest of your day.

Namaste.