



Morning Meditation 1

Make yourself as comfortable as you can.

Take in a long, slow deep breath. (Pause.)

Exhale slowly. (Pause.)

Imagine that you're in the woods. Trees surround you.

The temperature is perfect.

The weather is perfect. You feel safe and loved.

You start walking. You hear the birds singing in the trees.

You feel the sun warming your face.

You can smell the fresh pine needles.

It's morning. You're starting your day.

Take in a long, slow deep breath. (Pause.)

Stretch your arms. (Pause.)

It's time to open your eyes and enter this new day.

With God's help, you can face whatever happens.