

Daily Needs Meditation

By Mary Mackenzie (adapted from Barbara Larson's needs meditation)

- Take two deep breaths.
- Notice your breath moving in and out of your body; breathe at whatever pace is most comfortable for you.
- Now start to notice your surroundings. Try to notice every sound or smell you experience. Do you notice air moving across your skin? What are your feet and hands touching? Try to notice everything without trying to change it in any way. Just be with it.
- Pause
- Then, bring your attention to your body. Are there any parts of your body that feel tense? If so, breathe into them without asking them to be anything different. Are there parts of your body that are relaxed? Breathe into those as well.
- Pause
- Notice how your chair supports your body. Allow yourself to relax completely into your chair, trusting that you have everything you need in this moment. You are completely held and supported in this moment.
- Pause
- Now bring your attention to the word (name the need). First, just invite in and notice any words, thoughts, or other information that come you in relation to (name need).
- Pause
- Now invite in any memories of people, situations or moments when your need for (name need) was fully met.
- Pause
- Now let go of all of the memories, people and situations that may have been going through your mind, even let go of the word (name need), and just allow yourself to be with the energy of (name need). Notice how this energy feels in your body.
- Pause
- Now become (name need). It comes from your core and radiates from every pore of your body.
- Pause
- Now, holding that energy of (name need) lightly, come back into awareness of your body, trusting that it remains fully radiant in you, then become aware of your surroundings, and finally bring your attention back to the circle. Notice how your energy has shifted.

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