

A.C.A.L.M.E.R.M.E

**AWARENESS
MEDITATION**

AWARENESS MEDITATION

To help you practice awareness and self-control you can visualise yourself in the following meditation. Below is the meditation script but I recommend plugging yourself in and absorbing the powerful vibrations of the audio version which is available free of charge on my website. Play it when you're out and about, on your way to work, college, an interview, at home, in the garden...anywhere! When you're stuck somewhere that feels oppressive or when you begin to feel overwhelmed, remembering this meditation will help you feel comforted, protected, and safe. The meditation is available as a free audio file at:

www.howtomendyourmentalhealth.com/acalmerme

And if it gets too much you can stop the meditation any time you choose.

MEDITATION

You enter a room through a door that only you have the key to. You unlock the door, walk through with your head held high, and close the door behind you. You decide to lock the door from the inside.

You find yourself in a large room. You choose to sit down in a soft, comfortable chair. In the middle of the room stands a clear-glass partition. The partition is soundproof and unbreakable. It stretches from floor to ceiling and wall to wall. *Nothing and nobody can cross the partition.*

You are safe.

Take a deep breath.

On the other side of the partition are people from your past who have shamed you. Some of them you've forgiven, others not. Be aware of how you're feeling and take a moment to reassure yourself that all is well. You are safe.

You stand up and walk slowly to the partition. The people who have shamed you are seated. They are so burdened by the shameful things they have said and done to you that they cannot move.

After a few moments you return to your chair and sit down. You have nothing to fear; they no longer have any power

over you. You are stronger, calmer, and wiser. Whole and complete.

You relax into the chair. Your hands rest gently in your lap, and your feet are placed lightly on the floor. The muscles in your legs, back, neck, and arms are relaxed and soft.

As you look around the room, you notice details you hadn't seen before:

A vase full of flowers on a table.

A lampshade with a fringe and tiny beads stitched to the fabric.

Three pictures hanging to the right of you and a mirror to your left.

You look closely and make out faces in the pictures. Who do you see?

On a shelf, you notice books by your favourite author, several you recognise. Who is the author? What are the titles of the books?

You become aware of noise from outside. A siren blares past. You smile to yourself remaining calm, untriggered by the loud, disturbing noise. You hear laughter and chatter from a café opposite and inhale a mouthwatering aroma. You imagine the taste of spices and soft bread on your tongue.

Your awareness floats gently back to the people on the other side of the glass partition. Their expressions don't bother you at all. Their mouths are moving, but you cannot hear their words or voices. You look at each one in turn and tell them: "Your lies are no longer my truth." You smile to yourself as you affirm: "Nothing and nobody can shame me. Nothing and nobody can harm me."

You are consciously aware of your surroundings. You feel safe. You are in control. You hold your head up and look around. You tell yourself: "I am powerful. I am strong. I am looking forward."

You have permission to be here.

You deserve to feel safe.

You take one last look at the people seated beyond the partition.

You have a message for them, a message only you can deliver.

What is your message?

Now, they are silent. You unlock the door and leave the room, locking the door behind you. You won't return to the room again. You are at peace. All is well.

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When you're ready, gently bring your awareness back to the present moment. Notice your breath. Notice your

body. Feel the safety that still surrounds you. You have practiced awareness. You have strengthened your self-control. You have honoured your power. Carry this calmness with you now, knowing you have everything you need to manage anyone and anything with grace, dignity, and strength. Let's continue your journey.