

Guided Meditation

This is a **guided meditation or "imagining" exercise** that, for me, invites my "true spirit" to speak.

Spontaneously one night with a dear stressed-out friend, I began asking her questions about her own "cottage"- the one she might go to if she allowed herself, if her life allowed her to. She closed her eyes and was able to answer my questions so clearly, imaginatively, honestly from a voice that was most definitely her TRUE SPIRIT- the one who seemed so grateful to be asked. The place she described was not a place she had ever been to physically before and yet she was able to answer the questions as if she was standing there. It was "the truth", she told me afterward. It was sooo fun for both of us- because we witnessed her true self in a very creative state telling us about herself, as if she had been waiting patiently at the window of this cottage for someone to notice her. She was a pretty cool woman, I must say.

Find some quiet time in a comfortable spot to curl up with your journal. Read this exercise slowly, allowing time to let your heart answer the question. Your job is to slow down, ask the questions, and take dictation.

guided meditation... A Cottage Of Your Own

*Close your eyes. Breathe deeply. Three deep breaths.
And as you exhale- let go. of everything. Settle HERE- in this chair, in this body...
Relax any tight spots. Breathing into the spot where you are holding tension.
Feel it melt- ice to water. Water to vapor.
Resting in your breathe as it slows to it's natural rhythm...
Rocking there like on a hammock.*

At times, when your body tightens up.... when you feel you are holding on to too much, carrying too much...

There is a place – where you can go. All by yourself. It is a cottage. It's *your* cottage. Tucked away... far from any responsibilities. No one knows where it is. Just you.
... it is your retreat. It is always waiting for you.

Imagine now that everyone you are responsible for, everything on your list, is taken care of for awhile. You have the time, the days... no one needs you.
And your cottage is calling....
so, you slip away ... just you and a small suitcase.

—*Breathe deeply*—

Rounding the corner... there it is. You can see it. Waiting for you.
Oh, it feels soooo good to have a special spot... a cottage all your own.

As you are getting closer... you feel yourself slowing down, moving like your breath... walking with silent anticipation along the path to reach it.

Breathe-in the air. Take in the sounds.
Reach for the doorknob. Only you have the key. Open the door.
You smile, it is just as you left it.

-----*Quiet*-----

Moving around in your cottage... Settling in... shedding the clothes and pace and distractions of the daily life you just left.
You are smiling... because you realize *you did it*. You are HERE. And no one will disturb you.
Taking a deep breath... let the embrace of this precious place wrap itself around you.
You belong here.

—*Quiet*— *Just be with that for a moment.*

You smile because you love this cottage. You love how it smells. You love the sounds outside the window. You love how it is arranged. You love how you feel here, inside and out.
It is so easy to be here.

—-Quiet—-

What is your cottage like?

You love the hues and how it is decorated-

What are the main colors? What does it smell like? What sounds belong to this place? What is in your cottage?
How about windows? Are they open? closed? What is outside the windows?

—-Quiet—-

Sit down in the cottage anywhere you like. In a favorite place. Close your eyes.

How do you *feel* here? What words would describe how you feel?

What is one of the biggest differences between this cottage of yours and the place you just left behind?

—-Quiet—-

Breathe.

You have been here a while now. You are happy. Completely free to be yourself.

What do you love to do here?

- with no one judging, no one interrupting, lost in endless kairos time ... what do you love to do?

This woman who is so comfortable here- *the woman that you are*- this woman of the cottage...

What is she wearing? What is she not wearing?

When no one is looking, this woman that is you...

how does her body move? what is her body language?

Where is she? Now that she is free to do exactly as her spirit moves her in any moment?

What is she doing right now?

—- Quiet —-

What do you know about her... watching her doing what she loves when no one is looking?

What do you know about her true spirit, when it feels so free?

This woman that you are- this woman of the cottage...

What is her name? Her real name. The one she is called in this place where she is herself?

It may not be a name you have ever heard before- it could be the name of a flower, or another language or a color.

What does the wind call her- when she is free?

Embody her. Be her.

Here in this cottage of your own.

Take your time... It feels sooooo good.

Breathe deeply.

How does it feel to be you? ... to become who you are?