



## Lucid Therapies – Emotional Well Being Meditation

Guidance notes - This is a guided meditation to support your mental, emotional, physical and spiritual Well Being.

Best to do first thing in the morning but can be done throughout your day.

Close your eyes. Important to breath in and out slowly through your nose. Centring and grounding your awareness/attention in your body. Beautiful.

5 stages:

1. **A Return to Love and Compassion** – Self love and loving  
As you go through this part – it's important to love yourself – all of you! Say I love you – including parts that you feel are unlovable.

These are the parts of you that need your love the most. Treat these parts like a hurt child – provide what it didn't receive – could be attention, space, being liked and acceptance, care, love, time, hugs etc. This can take practice but it's incredibly powerful!

2. **Appreciation and Gratitude** – honouring the goodness and abundance that you are and is already in your life. When we focus on the positive, what we already have – we attract and energetically draw more into our lives. Trains our minds also to focus on the positive and subconsciously take action and seek out more abundance and energy.

It is good to acknowledge, remember and focus on our met challenges and success as a human being. Allows beliefs about ourselves to change into more positive empowering thoughts.

Realizing how loyal, successful and committed you have been to yourself and others.

### **3. Forgiveness**

This is firstly about freeing ourselves – energetically, mentally and emotionally. It is not about understanding at this point why that person did what they did – or saying their actions were ok when they weren't.

By saying “I forgive you and send you on your path of healing with blessings” Then its important to say ‘and I ask that you forgive me too as I forgive myself” this releases us from any ties by acknowledging forgiveness of ourselves.

For example: I didn't speak up or I enable your behaviour from a place of not knowing what to do. This isn't about blaming ourselves but becoming aware of what that person may have triggered in YOU that is ready to be seen and uplifted through loving choice and desire for positive change within you!

NB if you find this particularly challenging – It may be that you may need extra guidance and support through this. That's perfectly normal for some experiences and certainly nothing to judge and feel bad about.

In fact it is the opposite – you are powerfully and lovingly choosing Emotional Well being, self-awareness and responsibility.

Also moves our attention from looking out for danger and attack from others into a more compassionate safe place. Means we can develop greater understanding of what happened and enabling us to make positive, healthy, balanced and self-loving choices and possible changes.

### **4. Future creative Dreaming – heart centred and higher mind visualisation.**

It is important to understand that you are powerfully choosing your way forward from your heart and higher mind – frontal cortex. In this way you are creating from a place joy and even playfulness – not from need or fear.

Feel free to flow with whatever comes to mind and feels good. It does have to be around work or home – it can be around travel, creating a space of healing in your life, health, wellbeing on every

level e.g. physical, mental and emotional health/fitness – exercising, feeling good mentally and emotionally, a deeper connection a spiritual level. The focus can change on a daily basis with current themes running throughout. ENJOY!

Finally – No 5 - **The Blessing** – allowing us to open up to the awareness and connection with a Higher, loving, intelligent, supporting, wise and trusting power outside of ourselves. Divine intelligence, Universal creativity, Life or Higher Self – whatever you feel comfortable calling this.

What this powerfully does – using our free will – is to connect us to a deeper place within us and life, opens our hearts and minds to return to trust, safety and the remembering that you are not on your own/doing it all alone! There is unconditional love for us – a feeling of being precious and blessed - rooted in connection and togetherness.

Again if you struggle with this – try to move out of the old belief that God is a judgmental God and wants to use punishment and reward to control us.

Again it could be that you might want to do some deeper work on this – or maybe even angry at a world that seems to allow bad things to happen.

To move through this into a knowing that God gave us free will and it is in our returning to the knowledge that we ourselves are Divine and come from the Divine that allows us to move from pain and suffering and back into incorporating all that we truly are – Divine creative, intelligent Unique beings – BLISS!!!