CREATE YOUR OWN GUIDED MEDITATION

Use this step-by-step instruction to travel to your own peaceful mind space.

STEP 1: *Find a writing space that is comfortable.*

- Whether you prefer complete quiet or music playing in the background, create a space that supports your creativity.
- Don't have a computer or phone with you? You can use low-tech writing methods like a pen and a piece of paper, or even a typewriter.

STEP 2: *Choose your travel location for meditation.*

- This can be a place you've experienced in the physical world, or somewhere you have yet to visit, but would like to someday or completely pulled from your imagination.

STEP 3: *Lay the groundwork for your meditation.*

- Seek to find a higher vibration through clearing your mind of intrusive or unwelcome thoughts by bringing your attention to your breath and body.
- If you mind wanders, gently bring your focus back through centering on your meditative process.

STEP 4: *Visualize your location in your mind's eye.*

- The image you conjure should focus on the five senses, what you can hear, smell, touch, taste and feel.
- Identify the feelings that flow freely as your meditation evolves.
- Allow yourself to freely write without judgement of the perceived quality of your writing.

STEP 5: *Write down what you are experiencing in your body and mind.*

- This writing does not need to be formal or structured. You can write down colors, shapes, or choose to be more directed in capturing the entire scene.

STEP 6: *Close out your meditation with a specific intention.*

- Whatever you were seeking through participating in a meditative process, speak that intention within your mind or out loud. Ask yourself, what is it I need in this moment?

STEP 7: *Revisit the meditation and reflect whenever you'd like to journey again.*

- You can return to the meditation space you've created in your mind whenever you like.

Use the blank pages following this guide to start your own journey.

WRITE YOUR OWN MEDITATION JOURNEY