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By Chelsea

TRANSCRIPT: LISTENING TO THE WISDOM WITHIN MEDITATION

INTRO:

Welcome to the Listening to the Wisdom Within meditation and intuitive practice.

I am so excited for you to go through this process. It's one I've done myself many times over and that I refer clients to often as well.

As you go through this intuitive practice, feel free to make it your own. To pause longer where you need to. To go deeper where you need to. To allow things to settle more if you need to.

Often when I recommend this to clients, I'll let them know they don't have to listen to it all the way through each time. Feel free to use this more for learning the process of how to tune in to the body in this way - then apply it to any context or situation, whenever the need arises, in the way that fits best for you.

It's a tool that I hope you will re-visit since it's often so pivotal and so profound in how it allows the messages of your body and your energetic system to come forth.

You may want to pause it as you go through it, to take extra time to deepen the experience, or to write notes of reflection.

You may also want to just drop in to the experience as it comes. Whatever feels best for you, honour that.

As with any meditative clearing, this is a deep process that requires you to stay focused on this experience. Do not listen to this while driving or while engaged in any activity requiring conscious focus.

If at any time, you need to shift positions, please do so, and as always, feel free to modify this to fit your needs best.

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DROPPING IN:

So let's start now by finding a comfortable and relaxed position This can be sitting or lying down, whatever is best for you at this time.

When you feel settled,

Take a deep breath in

and out

and againin through your nose

and out through your mouth...

Feel your muscles relaxing as you breathe in and out, focusing on your breath.

You can start to imagine your breath like waves on the ocean, breathing in through the nose.

The air flows into the lungs and expands into the belly

And then exhale.

Rolling from the belly into the lungs and out of the mouth

Let the waves flow in expanding the belly, breathing in calm, relaxation and peace.

When the waves flow out with the exhale, they carry any tension out of the body fully and completely now.

Repeat this for as long as you need.

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TUNING IN:

When you are ready to tune in, direct your attention to a symptom, an area of focus in the body,

An uncomfortable emotion

OR perhaps a situation that has been coming up for you.

Anything you want more awareness on, where you're ready to receive the wisdom within.

Whatever it is, let there be no judgment, just open curiosity to what **could** be there.

As you allow yourself to drop in to this area of focus for you, allow yourself to let any sensations involved start to become more present.

Is there a tingling?

A softness?

A heaviness?

A drop in the gut space?

A pain or discomfort?

Try to tune in on what it feels like.

Now, allow in your mind's eye, an image to appear that may represent this area of focus for you.

Simply allow it to appear spontaneously, without pressure or judgement. Take a few moments now to observe this image or vision for what it is.

Notice any details.

Any shape?

Colours.

Textures.

How big is it?

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How heavy or light is it?

Is there any movement?

Where is it in relation to you?

Focus on it now and see what arises.

Now, tune in to what you are feeling.

When you have a sense of what you are feeling, again, in your mind's eye, speak to the image or vision.

Tell the image how you feel about it.

What is arising for you?

You may choose to speak this out loud or do so within.

Either way, allow the image to hear that information.

When it feels right, in your mind's eye, give the image a voice or an expression and allow it to respond.

Simply take note of what comes through, without judgement.

At this time, if you have any questions you'd like to ask it, go ahead and do that now. Providing the time to understand the response or answers.

When it feels time to move on, ask the image this question:

What is important to you?

Ask what it needs, and WHY...

Take a deep breath in ... and out....

Re-focus and observe the image again.

Has it changed in any way?

If it feels right, allow yourself to gently drop into the image - to become the image for just a moment here.

Notice what this is like.

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How do you feel?

What sensations do you have?

What thoughts do you have?

What hopes do you have?

What needs do you have?

Speak out loud or within, what it is that you need.

Allow the image now to drift away as you come back to your centre. Breathing in .

And breathing

Out.

Reflect for a moment on that experience

What do you feel having heard what is required from you?

Consider what it needs from you...

Can you follow through on what it requires?

Is there anything that could keep you from following through? Knowing that, what might you do moving forward?

Now as you breathe in, breathe in compassion, love and understanding. Breathe out any guilt or heaviness.

Let that filter through every cell, cleansing and cleaning as it goes

Now allow yourself to go even deeper.

Breathing in.

And breathing out.

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From this place of stillness, and open-ness, allow an image to appear that represents your Inner Guidance.

Allow whatever image comes up to be without judgment.

Notice how it appears to you.

Notice how it feels to you.

Whenever it feels right, tell your Inner Guidance about your symptom or area of focus or situation.

Tell your Inner Guidance about what came through as you tuned in.

Ask for any help, if needed, or use this time to clarify anything that is not yet clear about this.

Ask your Inner Guidance what small action step can be done today, to meet the needs of your symptom or area of focus.

Now, with gratitude, thank your Inner Guidance for connecting with you and supporting you in this journey today.

As you drop into the gratitude, your Inner Guidance thanks you back.

Now, re-focus on the symptom or area of focus today.

Call to mind the image from earlier.

Now, notice if there are any changes.

Anything you didn't notice before?

If there is anything else you want to say, express that now-either verbally or within.

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CLOSING:

When you are ready, thank your body for communicating its wisdom to you today, so deeply.

Again, thank your Inner Guidance for supporting you today.

Finally, thank yourself for showing up today and creating this sacred space to tune into the Wisdom Within.

You may even want to place your hands over your heart as you give thanks and gratitude.

Then, gently bring your focus again to the breath. Breathing in through the nose and out through the mouth.

Belly rising on inhale

and falling on exhale.

A few more times now, bringing awareness to the breath, and also to the body.

Now allow your awareness to gently awaken the rest of the body, becoming aware of your legs and your toes, perhaps wiggling them a little bit. And now the arms and all the way to the fingertips

Gently awakening to the sense of the body.

And as you feel awakened in the body when you're ready, you may gently open your eyes.

Upon completion of this exercise. You may want to take some time to journal or reflect. You may also want to come back to this meditation to access deeper layers of connection with your body, your Inner Guidance and all of that Wisdom Within.