



Meditation for Inner Peace, Happiness and Calm

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Although this meditation is designed to be practised in bed as you wake up to help you set your intention for the day, you can practice it anytime during the day when you feel pushed, strained, or pulled in too many directions.

It is easy to do, and **within two minutes** you instantly feel refreshed and re-balanced.

- Lying on your back on your bed, make sure you feel comfortable and your back is supported.
- If you suffer from lower back pain, this can be eased by having your legs resting straight out along the bed and placing a firm pillow underneath your knees, or you can rest the soles of your feet on your bed, knees up.
- Place your right hand on your upper chest and your left hand on your lower abdomen.
- Spend a few moments listening to all the sounds you can hear in the room.
- If it is raining or windy, turn your attention to the sounds the elements make when they touch other surfaces.
- Gradually, turn your attention to your hands (still resting on your chest and belly) and take a slow steady breath in through your nose for a count of one-two-three-four.
- Then slowly exhale through your nose one-two-three-four.

Repeat this five to seven times.

- In your mind's eye, start to imagine you are standing in front of an open doorway looking out onto a stunning landscape.
- With each breath, keep "looking" at the view, feel the splendour and majestic beauty of the landscape filling you up.
- With each breath say to yourself "I am peace" as you hold the scene before you in your mind's eye.
- Repeat the affirmation, "I am peace," five to seven times,
- and when you are ready, bring your attention back to your hands resting on your chest and belly.

Spend a few more moments listening to the sounds you can hear in and around your room.

- Gradually open your eyes and return your hands back to your side.