

## BIG PICTURE MEDITATION

Get settled in a comfortable seated position of your choice. Close your eyes and begin to deepen your inhalation and lengthen your exhalation. As you continue to breathe comfortably, bring your attention to the quality of your mental activity – how does it feel to you right now? Then bring your attention to your chest – how does it feel? How does breathing feel? Drop your attention down to your belly – how does your belly feel? Does it move with your breath? How does your body feel overall? Is there tension or restraint of any sort? Breathe with that awareness.

Now try to sense this moment in time in terms of your life continuum, a space between your past, present and future. Feel yourself in this moment in time, in your current surroundings and try to sense how you engage with your life right now. Are you in control? Are you wrestling for control? Are you trying hard or hardly trying? Take a moment to feel the answer without any judgement. How does it feel to live your life right now? How does it make you feel in your head? In your heart? In your belly? In your entire body? How comfortable, present and content are you in your life right now?

Now imagine softening the intensity of your engagement with your life. Soften the grip a bit and let your body soften with it. Breathe deeply, let your brain go limp, create space in your chest, relax the belly. Imagine the boundaries of your body softening, as if it moves out of focus a bit. Take few deep breaths here.

As you continue to breathe, take a moment to imagine how you want your life to feel to you. What kind of feeling do you want your life to give you? How do you want your life to feel in your head? Try to cultivate that feeling in your head. How do you want your life to feel in your chest? Try to cultivate that feeling in your chest. How do you want your life to feel in your belly? Try to cultivate that feeling in your belly. How do you want your body to feel every day of your life? Cultivate that feeling, breathe deep.

Are there any things or activities in your life that give you that feeling already? What types of physical activity make you feel that way in your body? Which aspects of your work make you feel that way? Which relationships bring up a similar feeling? What type of creative pursuits, or hobbies, or fun activities make you feel that way? Do you already have those elements in your life? Do you choose to emphasize them, to focus on them, to do them often? If not, which elements can you bring into your life that will help you feel that way? For the next few moments envision what your life would feel like if you had more of those moments in it.

Continue to breathe deeply and bring your attention to the present moment. Feel your body, sense your surroundings, feel your presence in this moment. Take few more full deep breaths here. Then open your eyes and take in your surroundings. As you move on with your day, try to notice how different thoughts and activities make your feel in your body, and whether or not it's different from how you want to feel.

