

Guided Meditation

It is said there is a direct linkage between self-examination, meditation, and prayer. Taken separately these practices can bring much relief and benefit. BUT when they are logically related and interwoven, the result is an unshakable foundation for life.

We come together this afternoon in all three. We will use them to take us to a point of mental and physical relaxation and tranquility. This meditation is simply one type. There are many varied ways to meditate. You'll notice there is no music, only natural sounds during the quiet period. The reason is that this is a silent meditation, a peaceful time to listen to God. Relax and go to that quiet spot within.

You will find the **St. Francis Prayer** from the 12 Steps & 12 Traditions in front of you. Before praying, think honestly of what it is that you are about to pray. It is one thing to read or recite the **St. Francis Prayer** and feel its beauty, but quite another to put its suggested actions to work in your daily life. Why not consider taking one of its suggestions and practicing it for the next week? As you do, be aware of the effects these actions have on your life and on the lives of the people you touch.

Let's all pray the *St. Francis Prayer* together:

Lord, make me a channel of thy peace,
That where there is hatred, I may bring love;
That where there is wrong, I may bring the spirit of forgiveness,
That where there is discord, I may bring harmony;
That where there is error, I may bring truth;
That where there is doubt, I may bring faith;
That where there is despair, I may bring hope;
That where there are shadows, I may bring light;
That where there is sadness, I may bring joy;
Lord, grant that I may seek rather to comfort than to be comforted;
To understand than to be understood;
To love than to be loved;
For it is by self-forgetting that one finds;
It is by forgiving that one is forgiven;
It is by dying that one awakens to Eternal Life. **AMEN!**

Close your eyes and get comfortable. Retain the feeling evoked by our prayer and take it with you into meditation, as you listen for God's direction. Take a few deep yawning breaths, loosen the muscles in your neck as you begin to let the day go. If you should feel discomfort, please feel free to correct your body's position. Simply incorporate any sounds you hear such as an internal noise, traffic, neighbors, into your meditation.

They need not be disturbing.

It is a good idea to follow your breath and because you are seeking conscious contact with your Higher Power, you may want to think God, G.O.D. (Good Orderly Direction), or love on each in-breath and think God or love on each out-breath thereby establishing a flow of God's love and positive energies. Stretching the word God or Love for the full length of your breath can make this even more effective.

Don't be tricked by your mind, if it tells you you're not having a good meditation - --there is no such thing as a bad meditation. God recognizes your willingness simply by the fact that you are meditating. The Third Step tells us that all we need is willingness, and the door will open. Everything that happens in meditation is perfect and spiritually usable.

God can work miracles in a split second.

Know that you are safe here right now – free to begin letting all negative thoughts and energy of the day go.

You cannot solve your problems in this moment, so why not let go and let God as we begin our five-minute meditation?