

Loving Awareness with Sheila Goodfellow

Welcome to this guided walking meditation. This series is brought to you by the team members of Estate of Health in partnership with the Town of Kingsville's Communities in Bloom. We thank you for practicing meditation today and we hope that you enjoy this practice.

Hello, and welcome to this mindfulness practice. All of these mindfulness tools we have are wonderful ways to help us manage and navigate what sometimes feels like a very busy or chaotic mind.

And in our practice, today, I invite you to begin with: draw three breaths in through your nose. Sighing them out.

The invitation now is to draw your awareness to the center of your chest, your heart center. And simply notice anything that's happening here being aware of any sensations which could be the feel of the fabric of the clothing. It could be a warmth, maybe there's a pulsation or tingling.

Inviting awareness to anchor into the center of the chest, to the heart space. And as awareness continues to rest here, let's repeat a phrase.

That phrase is "I am loving awareness."

I am loving awareness. I am loving awareness.

You can continue this practice with awareness centered here in the heart center or perhaps broadening the perspective out - taking in the whole world the whole experience of this moment and offering the phrase I am loving awareness.

I am loving awareness. I am loving awareness. I am loving awareness. I am loving awareness. I am loving awareness. I am loving awareness. I am loving awareness. I am loving awareness.

I invite you to continue repeating this phrase as often as you'd like either now or at other moments in your day when you remember this practice

May you be well. May you feel full of love and kindness. May you be at ease.