

MEDITATION ON MINDFUL ATTACHMENT

Breathe Deeply and close your eyes

Try to bring to mind those in your life that you are deeply attached to

See if you can bring their presence into the room you are in and place them safely in the spaces that you would like them to be

Maybe they are next to you, sitting on the floor or couch near you or simply standing a safe distance from you, possibly even outdoors

Allow yourself to breathe in their presence and feel them near you

Remember what it feels like to hug them and spend time together

See what it feels like in your body to imagine that

Now imagine life as it used to be back to the “norm”

Times that you have spent together and will spend together again

Hiking, shopping, eating out, having them over, going for coffee

Boating, fishing, playing cards or just sitting deep in conversation

Allow yourself to feel that as well and settle into the memories of what those times were like and look forward to what those times will be in the future

See yourself a year from now doing all the things you love to do

Maybe those priorities have changed

Maybe you want to return to all the old normal patterns of your life

Maybe there are some you want to give up and some new ones you want to hold onto

Think about where you would like to be in a year if you could be anywhere and see yourself there

Slowly open your eyes and see if you can hold onto those visions

Feel those people you care about around you

See yourself settling back into life as you knew it safely and without concern

Notice what has changed

Are you breathing more deeply?

Has your body settled more?

Do you feel a release or more relaxed?

Practice this meditation and just notice...being in the moments of your life

ANN KREINDLER-SIEGEL, LCSW, BCC, PLLC

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