

## Awakening Meditation



Sit for a few moments in quietness. Take a few moments to awaken to outer awareness...  
to this place and your surroundings  
to what you see- colors, shapes, details  
to what you hear- sounds, noises, silence  
to what you smell, taste, touch  
to the ground under your feet supporting you

Close your eyes. Take a few deep breaths and begin to awaken to inner awareness...  
to your breath  
to the depth of your inhaling and exhaling  
to the way your breath supports your body

Awaken to your body...  
to the sensations and impressions of your body  
to what you are experiencing in your body right now- openness, tightness,  
relaxation, alertness

Awaken to your mind and thinking..  
to the activity or quietness of your mind  
to the thoughts that are coming and going

Awaken to your emotions...  
to what you are feeling in this moment  
to your mood or the particular quality of your presence here and now

Whatever you awaken to, simply be with it without judgement...

As you continue to awaken to outer and inner awareness, awaken to something more profound and essential here. God is here in great love and great compassion. Divine Love is already at home within you and all around you...Awaken to Divine Indwelling...

When you are ready, open your eyes and look around. Awaken to the Divine Indwelling within all. With a nod or smile make contact with the people, creatures, and creation around you. Recognize the Divine within all.