**Meditation to calm the body and soothe the spirit…**

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We have created a sacred space ‘a temenos’, a ‘flourishing shelter’ on the outside and as we inhale with consciousness it is a signal for us to go inside of who we are….

I invite you to close your eyes and to relax your body into the chair, sitting comfortably with both feet on the ground, imagining our feet grounding us to the earth’s core.

Breathing naturally in and out, not forcing just being. Give yourself the gift of a deep breath exhaling any old stale air that maybe there. Inspiring new fresh air, rejuvenating and restoring you and expiring all that is old and not needed.

 Feeling your hands on your lap, feeling the presence of one’s own body having gratitude for all that works within us without us even knowing it, the gentle beat of our hearts, and the presence of that inner voice that is quiet and wise.

The wise self that knows all, that can solve all problems and surmount any obstacle in ways that are often beyond our understanding or imaginings.

Letting our breath soothe us….

In a few moments begin to open your eyes again continuing to remain grounded and refreshed in ourselves.