

Inner Resource Meditation



This guided meditation uses the senses to bring calm to the mind and body. Practice any time you experience difficult emotions, or just need a few moments of quiet in your day.

To create your own inner resource, take a moment to get comfortable. Breathe.

Now, bring to mind a place where you feel completely at ease, safe and protected. It may be a place in nature, somewhere you have visited on vacation or a place in your own home.

Picture what you see in this space – color, shapes, texture, symbols, the quality of light.

What do you hear? If your place is in nature maybe, you hear the gentle rustle of leaves in a breeze. You may hear music that helps you feel peaceful and relaxed, or your space may be perfectly quiet.

What do you smell? You might smell freshly cut flowers, a candle with your favorite scent, or your favorite food cooking.

Now, come back to your body. What does it feel like in your body when you are safe, protected and at ease?

Take a few moments to freely explore this special place in your mind.

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