



Of One

HOMEWORK: SAFE SPACE MEDITATION CREATION EXERCISE

The purpose of this exercise is to have you create your own personal “safe space” for meditation. It will be your personal private space that is familiar to you, so it will help you to sensorily, and visually connect into that space.

Give thought to RE- Member your special places / moments that you have experienced in your life and write them down.

Begin with:

Listing them out by title – it should be a place that has made you feel pure joy. It can be ie:

- Field / meadow
- Beach
- Mountain / hiking trail
- A special place at night ie: camping

Write out a general description of what you originally remember about it. Then look at each part of the description and then break it down more:

Ie: Field:

- Perfect summer day: The Sky was a beautiful blue – no clouds in the sky
- Sun Shining:
 - I can feel the warmth of the sun’s rays around my body, it was the perfect temperature, I felt energized, at peace, relaxed
- Tall green grass:
 - A mixture of summer green shades of the grass (light and darks combined, it was lush and soft) The breeze gently blowing through it – it was like watching slow gentle waves moving through it.
- A stream flowing nearby:
 - I could hear the trickling of the water against the rocks
 - The water was cool to the touch
- Birds flying:
 - Chirping as they flew overhead, singing a beautiful melody, they sound so happy and excited
- Trees
 - Were tall on the horizon against the blue sky and the tall green grass
 - Thick trunks, the bark was deep with grooves, very old / a sense of wisdom wearing its history and learnings
 - The leaves were vibrant and abundant, and gave lots of shade underneath, I could lie down comfortably underneath it
- What you were wearing:
 - My Favorite Dress (then describe it)
- What were you doing? Where did you Go? / Do? / How did you move, what did it feel like as you moved?

Incorporate your senses, feelings, emotions, elements: earth, air, fire, water, consciousness – describe how it deepens your experience. How did you breathe through this experience? What were your thoughts like?