

Inner Awakening Twenty-Minute Meditation

Prayer

I bow to the Infinite within, without, and all around. Help me awaken to my own highest nature, and let my thoughts, words, and actions lead me to the highest happiness.

Pranayama (3 minutes)

Alternate breathing, 2 rounds

Regular breathing, 2 rounds

Diaphragmatic breathing

Relaxation (3 minutes)

Tense and relax, 3 times

Deep relaxation feet to head

Mental relaxation, dropping past and future, being present in this moment

Hong-Sau (6 minutes)

Guided Hong-Sau meditation

Visualization (5 minutes)

Visualize floating in space, completely relaxed and peaceful...

Feel space within you and all around, your body cells like stars in the galaxy...

Feel a sense of boundless happiness arising within you...

Now feel a deep sense of love for everyone and everything in creation.

Prayer for Others (2 minutes)

Project peace and love to others in expanding circles: Family and friends...

Workplace... Those you find challenging ... Local area... Nation... World

Ending the Meditation (1 minute)

Deep Inhalation, come back to body-consciousness, be deeply aware of yourself and the space around you.

Bow to the Infinite within and without

Carry this peace into activity