

Calmness

<https://soundcloud.com/ealthenter/calmness>

This is Edie Anderson, Meditation instructor at the University Health Center. We're going to do a little calmness meditation here. Calmness is only a breath and a thought away. Find a place where you can sit comfortably and be safe. Close your eyes and just become aware of your natural rhythm of breathing. Feel the air that comes into your body and leaves your body. Gently, with a little effort. Begin whispering slowly and gently into your mind repeatedly. I choose to relax, I choose to feel calm, I choose to relax, I choose to feel calm. Now allow your breathing to slowly deepen way down into your belly area and whisper in your mind as you exhale, I choose peace, I choose love, I choose peace, I choose love. If your mind wanders away, just gently bring it back to the thoughts, I choose peace, I choose love. Slowly, deeply breathing.

And now let's just go back to breathing deeply and just choosing to relax and feel calm. Slow, gentle, deep breaths. Exhaling, I choose to relax, I choose to feel calm. When you feel calm and relaxed, just slowly open your eyes and sit comfortably for a moment, noticing how you feel and then move gently and respectfully into the direction of your intentions and desires, knowing that you are the rhythm of the universe, connected in mind, body and spirit and that your calmness is only a breath and a thought away. I feel peace, I feel love.

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