

Connecting in Mind, Body, and Spirit

<https://soundcloud.com/ealthenter/meditation-connecting-in-mind-body-spirit>

This is Edie Anderson, Meditation instructor at the University Health Center and I'm now gonna give you a wonderful, relaxing method of meditation, connecting in mind, body, and spirit. So in preparation, find a comfortable place that is safe to sit and close your eyes. As you close your eyes, just become slightly aware of the thoughts streaming through your mind. Don't attach to them but just let them stream. In this moment of awareness. Next, let's just take a nice deep breath and then settle into your natural rhythm of breathing, just become aware of it, we all breathe but we all have a unique rhythm of breathing. So just be in tune, allow yourself to become totally aware in just this moment, let go of past, let go of future. Just allow yourself to be in this moment and then the next as it comes, just feeling the rhythm of your breathing, in and out of your nose, feel that air coming in gently, leaving gently. Just focus on that rhythm and feeling the air. Coming into the body and leaving, nourishing every cell in your body.

And now we're gonna just add a simple mantra which is just a vibrational sound that has no meaning so the brain can't really focus and process anything, the mind may still be streaming, just let it go. Accept whatever, and just fill the mind as you breathe in on your next breath with the sound so silently in the mind, just the beginning of the breath, "so" all the way through, take capacity of that breath in and then pick up the sound "hum" as you exhale, all the way through the exhale. Just take a few moments, practicing, breathing in on "so", out on "hum". Just following your natural rhythm of breathing.

Now connecting deeper into the body, place your hand or hands on your abdomen so you can feel the motion in the body as you change your rhythm of breathing into a deeper, slower rhythm still using the mantra "so" as you breathe in, "hum" as you exhale. But what we're gonna do as you start this new way of breathing, just start that breath in on "So", very gently, slowly, don't make work out of it. As you reach capacity of that breath, hold onto the sound "So" and the breath for just a couple of more seconds, before releasing on "Hum" very slowly. Again, not making work out of it. You're just creating this lovely, deep, slower rhythm of So Hum breathing with the hold at the top. Focusing away from the streaming mind, into So Hum breathing.

And now that you've moved that diaphragm as you breathed in on So, against the vagus nerve as you exhaled, you've quieted down the sympathetic nervous system in your body, allowing less of the cortisol, norepinephrine, and adrenaline to be coursing through into the bloodstream. Elevating our heart rate, blood pressure, breathing. Just a couple of more nice deep So Hum breaths. And now as we come and stay in this rhythm of breathing, we're gonna connect deeper into the body. So we're gonna connect into creating a little tension in the body, following our breath in, reaching the capacity point, holding the tension in the breath on the sound "So" and then as we exhale on "Hum" gently, we're gonna release the tension in the body. So just stay with the breath, the mantra, and the body, feeling that creation of tension and letting go into relaxation. So let's bring our awareness first to our feet. Next breath in on "So", start curling your toes gently. As you reach capacity of breath, hold the tension in the body along with that breath on the sound "So", keeping the mind occupied. And then you'll gently release on "Hum", let go in

the body, feel it relax, you're in this very moment of breathing. Each breath, connecting in the mind and body.

Next awareness we'll be up into our thigh muscles. When you're ready in your rhythm, next breath in on "So", just gently bring tension into the thigh muscles. All the way to capacity of breath and hold that tension and the sound "So" on breath and gently let go on "Hum". This is the way we're gonna gently move up the body. We'll next bring our awareness to the glutals, the muscles we sit on. Next breath in on "So", just tighten, raising up in your chair. Until you reach capacity of breath, hold on "So", and then gently release on "Hum", let go in the body, feel it relax, back down into the seat of your chair and right into your next deep So Hum breath.

Next we'll bring our awareness into our abdominal muscles. Next breath in on "So", start drawing the tummy back towards the spine, reaching capacity of breath, feel where that tummy is, how you fill the upper part of your chest cavity, all on "So" and when ready, exhaling on "Hum", let the tummy relax and come back out. Nice and relaxed, and then into your next deep So Hum breath before we move on.

Next we'll bring our awareness right into our back area from shoulder blades down to our waist. Lean forward a little bit with arms bent at your sides as you breathe in on "So", draw the elbows back behind you and pull down on your shoulders. Holding at that capacity of breath on "So", feel the body, stay there and as you exhale on "Hum", just let go in the shoulders. Arms relax, settle back into your chair, nice and relaxed, right into your next deep So Hum breath.

Next awareness will be into our hands and arms. So making a fist with each hand in front of you. Next breath in on "So". Bend your elbows and pull the fists right into your shoulder area and focus on just feeling your hands and arms as you breathe in on "So" and as you exhale on "Hum", just release the fists, let your arms drop right down at your sides, spreading your fingers wide for a second and then gently let go. All tension just draining right out your fingertips into your next deep So Hum breath.

Next we'll bring our awareness to our shoulders. Next breath in in your pattern of breathing, just start lifting the shoulders as you breathe in on "So" until you reach capacity of that breath, holding "So", feel where the shoulders are, stay in the moment with your mind body and then gently as you exhale, let those shoulders drop back down and really let go as you exhale fully and go into your next deep So Hum breath.

Next we'll bring our awareness right into the head itself. Breathing in on "So", squint the eyes tight, tighten your lips together, feeling that pull in the scalp and face. And when you're ready to exhale, in that moment don't open the eyes but just let everything relax and smooth out. As you exhale, feel that difference stay connected, in mind and body and breath, with your mantra So Hum. Let's take a couple of more breaths here. Next breath in on So, drop the hold at the top from this point on and just as you exhale let your head drift straight forward, chin coming down to your chest, keep the So Hum breathing going, as it is in this moment and allow your head just to drift over to one shoulder as I talk you through this, keep the So Hum going and we're just

gonna drop the head back down through center and come over to the opposite shoulder. We've now provided a nice, gentle stretching of our neck and we'll come back down through center and start lifting the head straight up, So Hum breathing, keeping that mind occupied and calm. Let the head go straight back, shoulders down and relaxed. Just do a comfortable stretch and just breathe. In and out on So Hum. Next breath in, start raising the head and letting it come back to its natural place of balance and exhale. And now, we're going to bring ourself to connecting into spirit.

Spirit is generally we think of located around the heart area and the chest area of the body. So we're gonna fill that beautiful area with light. The light of your spirit. And always remember we are each all part of this universe, connected in mind, body, and spirit. A spirit that was born filled with love, honor, courage, compassion, and curiosity. It's everything we need is always right within us. Doctor Neil deGrasse Tyson, top astrophysicist, says we are all made of stardust. Doctor Chopra says we are in the universe and the universe is in us. So as we're filling our chest area with that light, all around our heart. We're gonna ask some questions, connecting into that beautiful light of us, the spirit. We don't have answers, it's a dialogue we just start and through practicing perhaps we become enlightened. So now we'll start connecting into that beautiful light of you by asking, coming through the heart into the light, who am I? If I let go of the roles that I play in my everyday life and just ask, who am I? Gently ask several times and become still and accept whatever comes. No judgement. Just be free to be in the light of your spirit. Who am I?

Next question, coming through the heart into the light, What do I really want? Is it something of the material world? Something physical, emotional, spiritual? It can be all of the above or none. Just ask. What do I really want? And be still and listen.

Next question. What is my purpose in life? And our final question. How can I help and serve with my gifts and talents? How can I help and serve with my gifts and talents.

And we'll now just take in a nice, slow, deep breath. And as you let go of this breath, you're gonna send these questions that you've just asked back into the universe until you choose to ask again, seeking that further enlightenment. Still envisioning this whole beautiful body that you live in and the light of the spirit within. Bring your hand up to your heart area. Perhaps you can feel your heart beating right in the palm of your hand. And affirming that beautiful spirit within, in this moment just say I am and I'm thankful just to be me. I am and in this moment I am thankful just to be me. Just repeat it gently, over and over. And then settle into your breathing in the moment and in processing, be still and aware, perhaps of what's coming back into the mind, how you feel in your body and spirit. I'll give you a few moments and I'll ring a chime when we'll bring this to a close.

Chime sounds at 22:43

Starts talking again at 22:56

Namaste which means we are one. Thank you for sharing this meditation.

23:16

This is Edie Anderson, Meditation instructor at the University Health Center. I'd like to share with you today what we call a guided meditation. It's a guided imagery. So this will get you connected into your memory, into the hippocampus through your sensory system. So to start, we're gonna do this, it'll be a trip to a beautiful beach. Closing the eyes. Settling down, connecting into your breath first with just a simple mantra to move away from the streaming mind. Just breathe in on the sound "So", out on the sound "Hum". Let the fellow thoughts just be. They exist but we're not going to attach to them. Just let the body relax with each breath. And start down at your feet and just become aware, connecting there. Up your legs, let everything relax. You can tense the muscles up a little bit as you move up. Just gently move up the body, being in the body in this moment. Feeling it connecting into your sensory system. Feel your breath. Let the mind focus on "So" as you breathe in, "Hum" as you exhale. And as you come to the ground of your head, get a mental picture of a beautiful beach and feel yourself step onto it. At first step into that soft, soft, white sand, it's in the afternoon so the sand has a little bit of the warmth still from the sun earlier in the day. Each step that you take, you really feel the sand, the warmth, you feel that fresh breeze off the ocean, the moisture in it and you can smell the salt in the air and you hear each wave as it tumbles up onto the beach and you're watching it as you're walking towards it. Looking at the sky, how blue and beautiful it is. It's a beautiful, clear day and you can see way out, the horizon is way, way out. And the ocean, the movement of it, the rippling and you can see the undulating coming towards, until it forms that big beautiful wave with that smooth curl in the back of it. Sunlight shining, you feel the breeze on your skin. Along with the warm sun, the sand, the refreshing breeze, hearing few seagulls now and then as they fly overhead. And we're just walking, until we come and feel the difference into the cooler firmer sand where the water has rushed up onto it from a wave, drawing back into that beautiful curl, the white frothy edge as it tumbles over, thundering up onto the beach. You just feel and hear that rhythm. And as you take a few steps forward the next wave as it comes in, rushes up with little pebbles and shells and grabs your feet and ankles and you feel that rush and bright sensation of coolness all through your body. And you'll just stand there, sinking in the sand as each wave comes rushing up and drawing back, watching the dance of the pebbles and shells being drawn back with the wave to make the next one. Little sand crabs burrowing into the sand, little bubbles. And having sunk down far enough in that wet sand with the waves, you start walking up the beach in the surf. Just taking this moment in. Seeing the beautiful sights of the ocean, the sky, seagulls, the white sand. Beautiful beach. And you'll come upon a little jetty and a pylon sticking up out of the sand. That big round post, you'll hop up on that post with your feet dangling and as each wave comes, washing the sand off your feet, you look out to the horizon and catch the view of a beautiful big sailing ship. Two massive sails, those big white sails billowed out with the wind and you just watch as the vessel glides through the water out there on the horizon. Taking in a deep breath of that salt air, smelling it, feeling it caressing your body. You just allow yourself to take the whole environment in, coming into your heart area, the light of your spirit. In this very moment, it's as if time is standing still in this moment. You just feel and see and hear, can almost taste the salt if you were to stick your tongue out. But just take it all in, feel it, visually taking it in, hearing the waves, feeling the breeze and the sun. And then looking out to the horizon once more, the sun has dropped in the sky, it's like a big red ball

sitting out there and streaming from out on either side are these beautiful ribbons of crimson red and gold and peach and lavender. The beginning of a beautiful sunset. And the breeze seems to have lightened up. It's like things are becoming still, calm, serene. Even the waves. Washing up onto the shore and flowing back into making the next wave. And as you sit and watch, the sun and the sky becoming more, more filled with the beautiful colors. You watch as that big, red ball slowly sinks as if the ocean is swallowing it up. Just listen to the waves, feel the breeze, watch the beautiful colors of the sunset and the sun sinking right down into the ocean. And in the moment that the last top crest of it disappears, there's this beautiful moment of peacefulness, of serenity and calm. Both outwardly and inwardly of you. And when you're ready, you just hop down off of that pylon into the wet sand and the surf. Slowly walking back up the beach, looking forward to a beautiful evening. A wonderful meal and rest. Whenever you're ready to leave the beach, take in a slow deep breath, exhaling, coming back to where you are in the moment. Slowly opening your eyes into that level of awareness and consciousness and notice how you feel in mind, body and spirit. Thank you for sharing this guided imagery meditation. Namaste.