

## Meditation

*The following meditation was initially presented as part of the Therapeutic Touch Networks of Canada 50<sup>th</sup> Anniversary celebration of Therapeutic Touch.*

If you can, moving your chair so that you are most comfortable, with your back and hips supported, your hands resting on your lap and with the intent that you would be grounded...

And with a relaxing in-breath and with the slow out-breath, taking a moment to relax completely, starting with your face and with the slightest smile lifting the corners of your mouth, so that gentle smile allows all your facial muscles to soften and relax...

And with another deliberate and intentional in-breath and then the out-breath, following that facial softness as it spreads down over your throat and then another gentle in-breath and then a gentle releasing, feeling relaxation spreading over your drooping shoulders and down, down your arms and forearms and into your hands that lie gently in your lap...

And with the next in-breath and then exhaling, letting that lovely peaceful calm spread over your upper body, your chest, your back and then down...

And with the next in-breath and out-breath over your belly, your hips and another in-breath and allowing that relaxation to spread over your thighs and down over your lower legs and feet. Maybe you notice a certain freshness just now... a certain warmth...

And sensing that warmth, that welcome relaxation also within the self, allowing it to settle and support your inner quiet... And if you can, now picturing, in your inner vision, the most beautiful tree, your favorite leafy tree... And you know by looking at it that it has deep roots down, down, deep into the ground... Roots that keep it stable... Roots that keep it erect and in place... Roots that allow it to stand against the storm or welcome the rain or the sun to touch its leaves, to strengthen its branches as they lift up toward the sun, welcoming the warmth and the brightness of the sun that will promote its own growth... All this allows the saps to run through the tree, to encourage its growth, to support its purpose, to confirm its place in the world.



How beautiful is your tree... As we are often reminded in this work we do, lets now be reminded, as Dora often reminded us, that you are like that tree -- well grounded, your roots deep in the life you are living, deepened by your sense of purpose... Strengthened by your ongoing learning, your efforts to serve however you will, together with your intentions to first create and then travel your own path in this world. You are like the tree—rooted and strong.

And you are like the tree, too, in that you are reaching up toward the light... taking in everything that you need, taking in learning and the confidence it brings you, your practice and what it teaches you, your intention and how it guides you, your dreams and how they beckon you... all through the branches and the leaves of this tree that is you. Always reaching toward the light... the light of understanding... the light of knowledge... the light of service... the light of joy in this life, joy in the path you have chosen, joy in learning, joy in the doing and knowing that all is worth while and knowing that every time we reach out to serve is a time of furthering the beauty that we find in this earth. How important beauty is in the work that we do. And how important for you as you serve, to know that it serves you well, that this work you do, selflessly and with intent to serve, confirming your value, your place in the world, in the whole of the universe.

So, let's take a moment or two, just now, to realize, within yourself, all the values of this path you have chosen...

And as you do, please acknowledge your own efforts, admit the value of your own work, accept, without self censure, that perhaps you are doing just what you came into this life to do, that you are doing it to the best of your ability, that you are offering all you do, often without expectation of reward or response, that within yourself you know that you are adding to the tale of goodness in this life, in this world. And so you are, and so you are.

And when you feel quite ready, and with another deep and restorative breath, coming back to another sort of oneness in our physical meeting, clear of mind and ready to enjoy the rest of this day. Thank you very much. Thank you.

Evelyn MacKay