

Homecoming Meditation *audio transcript*

As we begin our journey together, I want to start by sharing a really simple practice that I do with pretty much all of my classes before we begin our work together. And it's an easy meditation that you can do anywhere, whether its part of your daily or nightly practice, or before you start your work here in *The Lunar Apothecary*, or maybe even before stressful tests or meetings. Or maybe even before really lovely moments in your life such as going on a really sweet date with a loved one or a beautiful nature walk.

What you want to do to begin with is to get really comfortable whether that is sitting, standing or laying down. We are going to begin by taking three deep centering breaths. So take a deep breath in. *Pause*. And out. *Pause*. And in. *Pause*. And out. *Pause*. One more time. *Pause*.

Continuing to breathe softly into your belly, go ahead and take a moment to call all parts of yourself back here to this very moment. So that part of you that's checking your instagram feed. That part of you that's thinking about what you're going to have for dinner tonight or where you need to get to next. Or that part of you that's thinking about something that happened to you weeks ago or worried about something that might happen weeks ahead of you. Just call all parts of you right back here, to this very moment, and call yourself and your attention to a place just a few inches below your belly button, in that center of our body.

Be gentle with yourself as you call yourself back home. We are very used to being outside of ourselves. When you have called all parts of yourself back home, take a deep breath into yours belly. *Pause*. *Exhale*. Continue to breath deeply and just dwell in this moment for a little bit. *Pause*. Thank yourself for coming home and being present.

If you're about to embark on some sacred work right now is a good time to set an intention for that work. Take another deep breath in and set an intention. *Pause*.

And then finally, put one hand over your heart and another one over your belly. And be soft here with yourself. *Pause*. We're going to end again with three centering breaths. Breath in. *Pause*. Breathe out. *Pause*. In. *Pause*. And out. *Pause*. And only final breath. *Pause*.

And that's it. I hope you feel a little more centered and present within yourself and ready to do whatever it is that lies ahead.