

## Meditation: Three and Free and back to Me

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I invite you to settle yourself comfortably in your chair, placing your feet on the floor and your hands where they are comfortable with your fingers not touching.

Take a breath in and let it out. As you take your next breath, notice your shoulders and allow them to relax. Breathe in again and feel them coming down. When your shoulders are relaxed, your survival brain knows you are physically safe. Allow that sense of physical safety to get as big as it wants to right now.

Take another breath and notice your head and your face. As you breathe in and out, allow the muscles of your face and jaw to relax. Allow your forehead to smooth out. Allow the corners of your mouth and eyes to turn up just a little. Take another breath in. Notice how your body may be feeling differently. When the corners of your mouth and eyes are turned up, your limbic or mammal brain knows it is emotionally safe. Let this sense of safety expand through your whole body.

Now take another breath. This time notice how the air feels coming in through your nose and out again. Allow your in-breath to be the same length as your out-breath. This lets your prefrontal cortex - your thinking brain - come online, and allows you to get in balance, side-to-side, front-to-back, and up-and-down.

Take another breath in, with your attention focused on your breath. Let it go. Being present in this moment is the place where you can access your Self, your best Self. Here is where you can notice the parts of you which are feeling scared, or sad, or angry. Here is where you can acknowledge them and reassure them. Take another breath, noticing how your whole body feels now. When you are ready, allow your eyes to open and come back to the place you are in.

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You may share this exercise as you wish.