

Welcome to meditation. Please enjoy this short and sweet three-and-a-half-minute long relaxation exercise. Today's meditation is led by Dr. Rachel Worth-Cappell, Doctor of Naturopathic Medicine.

Find a comfortable place to rest  
Whether that is sitting upright in a chair  
Or lying down  
Allow yourself to just be

I invite you to close your eyes  
Or soften your gaze  
And just allow your face to relax

Placing your hands on your low belly  
Begin to consciously shift your breath from your chest to your low belly  
Your own place of inner knowing, wisdom and intuition

And from this place  
Feel the rise and fall of your hands  
And hear the sound of your inhales and exhales  
Both like ocean waves crashing on the beach

In this, feel that you are intrinsically connected to the earth  
That you are a part of her, and she is a part of you  
And know that you are in a larger community of plants and animals and earth  
That wants to know you, and wants you to know them

And so even if the sound of my voice  
Is the first human voice you've heard all day, all week or maybe even all month  
Know that you are not alone

And notice how that lands in your body

As we end our time together  
Know that you can rest here for as long as you need  
Or come back as often as you need

And if you're ready to come back to the room that you're in  
Just give yourself some gentle movement  
Slowly and softly open your eyes

May you be well  
May you be happy