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LIFE LIVED AS A MEDITATION

“I don’t have time to sit still, to meditate... whatever that is”, you hear yourself saying, over and over again. “Don’t have time”.

Yet you feel the pressure of life, demands, needs and desires. You’d like to slow down, but you’re afraid that if you did, you’d stop, never be able to start up again because your need for quiet is so great. You may be afraid you might feel those emotions long bottled up, and if you started feeling, you might never stop. But you will. Crying is like the rain. One minute there is a downpour, then it slows down, or stops. There may be another downpour, but it will stop again.

You feel how much energy it takes to hold yourself together. You feel you are just a step away from “breaking down”. **Breaking Down** --- that fearful word for feeling the depths of your feelings, bottled up for so long, so needing to be expressed. Just to be felt. Having enough of a break down in order to have a Breakthrough.

Feeling your feelings. Choosing to let go of the control by which you keep yourself constricted, just letting them come through. Having a good cry ... a real good cry, not just tearing. Sometimes deep sobs and shaking your body, allowing the energy to move through you, deeply cleansing your body, mind, and soul. Letting go. The fear of crying is much worse than crying itself. You’ll find you feel clean, empty inside, having let go of old emotional stuff. Then you can deal later on, if you need to, with what is underneath the emotion. . No more struggle and effort to keep yourself contained. Just letting go.

Then allow yourself to be in a quiet space. After the emotion has moved through your body, you’ll feel relieved, quiet, and peaceful. You can meditate, rest, or sleep. As you read the breath induction below, read it slowly, allowing the breath and the words to flow together. Feel the letting go of the breath. Allow the exhalation to teach you about letting go. This can be a prayer to center your mind on the sacred, to allow your life to be a living meditation centered and grounded in the breath of Life and the process of Unconditional Love.

Sitting easy
Breathing deeply
Inhaling deep into your abdomen
Exhaling and letting go.
Breathing and speaking the words together
Slowly, feeling the deliciousness of the
Breath as it moves into your body,
Filling your body with warm, cool, nourishing breath
Breath of Life
Inhaling the breath up from Mother Earth
In through the soles/souls of your feet
Exhaling and letting go, making tree roots
With your exhale, out your feet
Grounding you deeply into the Mother Earth.
Quiet, just breath,

Breathing and Letting Go.
Letting go of obsessions, fears, worries, images,
Plans, trying, fixing, complaining, judging,
Allowing a quiet space, a warm feeling of
Contentment, and well being.
Letting go,

Allowing the exhaling breath to teach you about
Letting go.
Exhaling, then allowing the next breath.
The body breathing itself naturally, and
You breathing consciously
Full deep breath
Full consciousness.
Inhaling and Letting Go.

Now walking, cleaning, working
Conducting your daily life
Inhaling, Letting Go.
Talking, breathing, slowing down,
Tree roots
Breathe energy up from the Mother.
Always connected, stable, feeling the ground,
Earth Mother under your feet.
Exhaling, letting go.
Feeling the breath in the lowest part of your belly,
Inhaling and Letting Go.
Feeling the breath filling up your belly,
Relaxing the muscles, easy, full breath, full belly.
Breathing and Letting Go.

This moment, breathing,
Exhaling into every cell in your body
Nourishing yourself with breath of Life
Each cell, light, full of Life's breath.

Each moment of life as a meditation
Pausing between hurried words, hurried steps

Breathing consciously.
Slowing down.
Opening up to the world, to people, to events,
To Life, to thoughts, to feelings.
Opening yourself to yourself, to your soul, to Spirit
Feeling your Center deep inside of you,
The Temple of the Sacred, the Heart, the Breath.
"I am Love Manifesting".
Energy moving through your body
Tingling, warm, letting go, inspiring
Birds sing, airplane symphonies play,
Telephones speak, breathing, listening, taking in
Energy up from Mother Earth and tree roots
Out your feet, letting go, listening, working

Franticness and calmness, breathing together,
Everything can be handled.

I am breathing
Living in my Heart Center where there is compassion,
No Judgments about my self,
Unconditional Love.
Peacefulness in the heart of Life's fullness
Letting go of resentment, anger at this
Moment's task, at the next moment's task
Every moment, an opportunity to breathe,
Going inside,
Reflecting, listening, responding to life.
Being quiet while moving in the world.
"I am Love Manifesting. I am Love Manifesting".
Each moment a meditation,
Moving in and out of the quiet inner space,
Sometimes in, some times out,
Remembering that the breath will take you to the quiet.
In the midst of a sentence, typing on the computer,
Being stretched by the kids,
Demands from the boss, your spouse.
Still and quiet the Center Is.
Breathing into the quiet.

Noticing when your mind begins to chatter and run madly about,
Long distance marathons, mazes, traffic.
Noticing and easily returning your attention to the breath.
Noticing letting go.
No matter that your mind gets busy,
Allowing the quiet to once again permeate your cells
Like warm butter melting down into a fresh warm cake.

Allowing a place of slowing down.
The body, thirstily drinking in the breath,
Nothing worth stressing your body / mind over.
Breathing and Listening to your inner knowing.
Handling every day's stuff.
Each day, a meditation.
Fully in Life, Fully in that Inner Quiet Space.
Both. Breathing In. Letting Go.
"I am Love Manifesting".