

Guided Field Meditation

Let us start by finding a comfortable position.

Whether that is sitting in a chair with your feet grounded to the floor, sitting with your legs crossed, or laying down on a mat.

Please find whatever position is the most comfortable for you.

(Pause)

Now I would like you to either close your eyes or direct your gaze with a soft focus a few feet in front of you.

(Pause)

Next, I would like you to draw your attention to your breath. Let us focus on taking slow and steady inhalations, a brief pause once our lungs are full, and then a gentle exhalation.

Repeat this, keeping your attention on your breath, as you notice your mind starting to focus and your body relax.

(Pause)

Again, inhale in slowly and steadily, pause, and then exhale gently.

Try following the air as it coolly skims across your nose, causes your stomach and chest to slowly expand, and finally leaves you gently releasing the warmth of your body into the air around you.

(Pause)

I would like you to imagine that you are walking through a grass and flower filled field on a warm spring day.

You can feel the slight softness of the ground below your feet and a warm wind dancing gently across your skin.

You are walking towards the centre of the field where a large blanket is awaiting you.

You step on to the blanket, find yourself a comfortable position, and begin to relax.

You can feel the softness of the blanket below your legs, the gentle breeze across your body, and you notice the smell of spring flowers as you take in a slow and soft breath.

As you exhale, you feel all stress simply release from your body, replaced by thoughts of peace and compassion.

(Pause)

Your mind wanders, which is normal and OK. Simply notice those thoughts and bring yourself to this field, your blanket, and your breath, as you inhale sweet air slowly and gently.

(Pause Pause Pause)

Now I want you to draw your attention to the edge of the field directly across from where you are seated.

Notice that the field transitions slowly into woods.

Now notice that the woods appear to become increasingly dense the further you gaze into them.

Finally, notice that the blue skies have become somewhat cloudy at the edge of the field and that these clouds increase the further you look into the woods.

As you continue to look into the woods from your seated position, breath in slowly and softly, pause, and then gently exhale.

Breath in slowly and softly, pause, and then gently exhale.

Notice if you are experiencing any feelings of tension or anxiety. If you are, simply notice this feeling, and continue to breath in slowly, pause, and gently exhale.

(Pause)

While you are feeling in complete peace in this field, on this blanket, with the warm gentle wind caressing your skin, I would like you to take a moment, get up, and walk towards the end of the field in order to draw your attention further to the woods.

As you look more deeply into the woods, breath in slowly and softly, pause, and then gently exhale.

Breath in slowly and softly, pause, and then gently exhale.

(Pause)

Now, I would like you to step into the woods. Feel the branches and leaves as they occasionally rub against your skin.

As you walk further into the woods, the trees and branches become increasingly dense and are rubbing against you almost constantly. It becomes harder to obtain a stable footing. And the clouds become more dense and make the woods appear darker than you had first noticed.

If you begin to feel tension as you struggle to pass through the woods, simply notice this, and continue to return to your breath. Feeling any pressures you are experiencing being released as you breath in slowly and softly, pause, and exhale gently.

Just as the woods become their most difficult to pass the trees become far less dense and a small clearing opens itself to you.

The clearing is still covered by clouds and noticeably cooler than the field you had sat in earlier. As you step into the clearing you notice a person sitting on a blanket.

Approaching the person on the blanket, you notice that they seem to be suffering in some manner. They may be feeling pain, anxiety, guilt, or sadness.

You recognize their suffering, as you have felt this same pain in the past. You empathize for them, but remain calm in the face of their suffering as you breath in slowly and softly, pause, and exhale gently.

Taking in another breath, slowly, and softly, pausing as you feel your stomach and chest expand, and then exhale gently.

You feel the compassion build in side of you as you stand in front of this person in suffering. A suffering that you have experienced yourself.

You extend your hand and the individual takes it gently and begins to rise.

The two of you begin to leave the small clearing and walk together as one back into the woods.

The trees feel less dense now and the woods begin to open up more and the sun begins to peak through the clouds.

Together, the two of you continue through the woods, breathing in slowly and softly, pausing, and exhaling gently as you walk.

As one, you hold both your compassion and suffering simultaneously, but notice that the compassion has slightly become stronger, as the suffering begins to dissipate with each gentle exhale.

Together, the two of you step into the large grassy field, the blue skies and sun returning, the gentle wind caressing your skin, and the soft earth below your feet.

Together, as if one, you return to your blanket, each finding a comfortable position, and sit together facing each other.

You sit together, your breathing becoming synchronized, as if one. Breathing in slowly and softly, pausing, and exhaling gently.

(Pause)

Breathing in slowly and softly, pausing, and exhaling gently.

(Pause)

As you sit together, breathing, as if one, you begin to notice any tension beginning to release. With each breath in, you feel compassion and peace grow, a pause, and a gentle exhale releasing any tension that is remaining.

You notice that your partner is becoming less tense. The suffering that you both know well beginning to fade away with each exhale, mixing with the gentle breeze, and slowly and softly floating out of the warm, grassy field altogether.

You close your eyes, focusing again on your breath, breathing in slowly and softly, pausing, and then exhaling gently.

(short pause)

Breathing in slowly and softly, pausing, and exhaling gently.

(short pause)

As you feel any remaining tensions leaving your body, you open your eyes, and notice that you are again alone in the field.

The warm sun and breeze are each caressing your skin, the scent of flowers ever so lightly in the air, and a steady feeling of calmness and compassion as you breath in slowly and softly, pausing, and gently exhaling.

(Pause)

Now I would like you to bring your attention back to this room. Continue to breath in slowly and softly, pausing, and exhaling.

Know that you can always return to the field, on the warm spring day, with the gentle breeze and scent of wild flowers in the air.

Know that it is a place that is free of tension and where you can experience both peace and compassion.

Know that it is a place you can return to, whenever you have a moment, and you are feeling tension or suffering of any kind.

Know that you have already been to this place, walked with the suffering of your partner, as if you were one, and remember that you released that tension through your breath, breathing in slowly and softly, pausing, and exhaling gently.

Breathing in slowly and softly, pausing, and exhaling gently.

(Pause)

(Ding)

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