

ABC Meditation

*This meditation can be done in five minutes.
Find a nice comfortable space to sit and relax.*

Relax your whole body in a quiet place, lay down.

Take some deep breaths.

Deep breathing can give you peace and clarity.

Take some more breaths.

Think of the letter A. This is for awareness.

Breathe deeply. Look around the space you are in. Notice what is in your view.

Notice colors, patterns...look deeply.

Attend to what you see.

Breathe.

Now shift your awareness to what you can hear. Notice the sounds, cracks, noises, people moving, birds chirping...

Listen for the silence.

Don't forget to breathe.

Now shift to what you smell.

Notice every scent. Notice any fragrance in the air. Notice the quality.

Does it smell bitter, sweet, or sour?

What do you smell? Something baking.

Breathe in and out.

Focus on what you can feel.

Focus on your body.

Feel the sensations in your body.

Feel the energy flowing through your body.

Notice any aches or pains.

Feel the wind and air on your skin.

Notice where and what you are sitting on.



Breathe in and out.

What do you taste...residue from the cup of coffee, tea, or juice?

Breathe in and out.

Now shift to the letter B for breathing.

Breathe in and out. Think in and out.

Whenever we are anxious and nervous, deep breathing relaxes us.

Breathe from the abdomen.

Feel your whole-body fill with energy.

Breathe in and out. In and out.

Feels good.

Continue deep breathing in and out.

Let it flow. Your whole body relaxed.

Imagine pulling energy in your body. This is for C. Consciousness.

Imagine light filling your body.

Start at the toes...through your feet...ankles and calf.

Imagine energy flowing up through thigh...through torso...chest...neck and head.

Feel the energy flowing through top of head.

Overflowing outside head, on shoulders, arms, down sides, back and feet.

Rest in that energy.

Keep your eyes close.

Enjoy energy flowing through body.

Enjoy this ABC method of meditation.

Open your eyes. And breathe.

Amen.



Rev. John T. Myers, (D. Min.), Associate Conference Minister, Eastern Virginia Association, Southern Conference UCC. Founder and CEO of Fruit of the Spirit, LLC devoted to sharing spiritual practices that heal and transform. Rev. Myers is available for zoom calls to discuss and share spiritual practices, perform life coaching and reiki.