



## **Meditation for Spring**

Webinar Handout

### **Overview**

This webinar introduced a silent meditation and a spring cleaning meditation.

### **Spring Cleaning Meditation**

Spring is officially here and for many that means it's time to get back outside. Some people also use this time to clean their houses and get re-organized for the coming months. You can think of this meditation as a spring cleaning for your mind. The meditation will help you relax and it will also get you back in touch with your true self so you can live to your full potential.

To begin, complete a full body scan to prepare the body for meditation, starting from your feet and relaxing each body part all the way up to your neck and head. Once you feel relaxed and settled, begin to think about your values, personality, and what makes you you. Spend time reflecting on the follow questions:

What qualities do you appreciate about yourself?

What are your strengths?

Are you living up to your values?

Now imagine your ideal self, the person you want to be (if you're not there already). What does this person value? What motivates them? What are they wishing for? What are the differences between your current self and ideal self?

Allow yourself to step into the ideal image of you, knowing you've always been this person. Spend a few moments connecting with your true self.

As you come back into the world of doing, allow the image of your ideal self to stay with you as you go about your day.