



## LITTLE LARKS WELL-BEING PROGRAM BELIEF MEDITATION

by Erica Eyer and Megan Gilmore

*[Note for Reader: Move through the meditation in a slow, relaxing voice. Allow for 5-10 second pauses where needed. It might also help to play some soft, instrumental music or nature sounds in the background.]*

Hi! I'm \_\_\_\_\_, and this is a Little Larks meditation about belief. Meditations are exercises that keep our minds healthy. Just like we keep our bodies healthy by playing outside or our hearts healthy by talking with good friends, our minds need special care too so that they don't wander off too far or get focused on things that are not good for us.

Belief is something that we all have – it is the value that we hold about what is real and true. One way to think about belief is that it is the way we understand who we are and why we are here. And one thing that we absolutely want you to understand as real and true is that you are worthy of being loved and cared for deeply.

Let's start this meditation by finding a comfortable place where we can be quiet and still for a little bit. You could be laying down somewhere, sitting with your legs crossed, or simply putting your head on your desk.

Now close your eyes and take a few deep breaths. I will show you how. Breathe in and out while I count to four.

Breathing in, inhale 1....2....3....4.... and breathing out, exhale 1....2....3....4....

Feel all of the tension and worry from today melt away with each exhale.

Inhaling 1....2....3....4.... Exhaling 1....2....3....4....

Inhaling 1....2....3....4.... Exhaling 1....2....3....4....

Now, keep breathing slowly and deeply as we use our imaginations together. I want you to imagine you are in the coziest place you can think of. It may be with a person, or in a favorite chair, or maybe it's wrapped in a favorite blanket. Whatever you imagine is great!



# LARK'S SONG

Begin to picture everyone that takes care of you and keeps you safe. Now imagine that they are in the cozy space with you.

They are telling you how much they love you and care for you. It feels great to hear them say such kind things to you.

There is one voice though, that is louder than the others. It's a voice you can trust, you hear this voice say, "Little one, you are so loved, and I care for you deeply"...

Your heart is filled with love at the sound of this voice. You begin to picture that love as a warm light in your heart. It is so much love that you begin to feel it flow all over you...it starts pouring out from your heart, up to the top of your head...over your shoulders, chest and belly...all the way down each arm and leg...even into your fingers and toes.

You feel so great being wrapped in that love, knowing you are safe and taken care of...

It's a feeling you wish you could keep forever. The voice speaks one more time and you hear it say, "Little one, whenever you feel unsure or uncared for, remember my voice and the love that you feel now. It is true and lasting, always available to you".

Now, take three more deep breaths, remembering your safe, cozy space...thanking the ones who take care of you and keep you safe...and knowing you are cared for and loved.

Thank you for meditating with me! This is \_\_\_\_\_. See you next time, Little Larks.

