



LITTLE LARKS WELL-BEING PROGRAM UNIQUE DESIGN MEDITATION

By Anthony 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 unique design. **Unique Design** is the combination of all the characteristics that make us special – the strengths that make us who we are, those things we care deeply about, and how we are shaped by both the great and challenging experiences in our lives. The things that are most important to us find their individual expression in our unique design. You are so unique and your life is really special – and that is what this meditation is all about!

Meditations are exercises that keep our minds healthy. Just like we keep our bodies healthy by moving and exercising or our hearts healthy by being kind to other people, 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. Remember that when you're meditating with us, there's not a right way or a wrong way to do it. Whatever comes up in your imagination is what comes up and it's just fine.

For this meditation, go wherever you need to be comfortable and get in comfortable position, you can sit on the floor or a chair, just do whatever you need. Now close your eyes and take 3 deep breaths, inhale, 3, 2, 1. Exhale 3, 2, 1.

With each breath feel yourself relaxing, notice any areas of your body that feel tense and breath into those places. Let the outside noises fade away as you go deeper into relaxation.

Now I want you to imagine you're standing at the entrance to a forest, you can feel the sun warming your body...inhale... you hear the wind moving through the trees...exhale...and you can smell the season...inhale...exhale

As you look around you see a tree and under this tree is a backpack, what does the pack look like? (Pause)

Is it large or small? Does it look heavy or light? As you approach the tree you see the pack has your name on it and a note attached that says, "This is your life."

You move toward the backpack. As you begin to open the pack, what are you feeling? (Pause)

What do you see inside it? (Pause)



LARK'S SONG

As you unpack, you find experience's you had forgotten. What are these experiences? (Pause)

How does it feel remembering these? (Pause)

You continue to unpack until the bag is empty. With your life scattered around you, you lean back against the tree and look around. What do you see? (Pause)

How do you feel? (Pause)

What do you want to remember? (Pause)

What do you want to forget? (Pause)

You feel the air get cooler and know the sun is beginning to set, (count to 3) it's time to repack the bag. (count to 3)

As you begin re-packing you say, "I am not going to re-pack this".... what is this? (Pause)

And perhaps you say, "I am repacking this. I want to carry this with me."....what is this? (Pause)

Turning away from the tree, you close the pack and begin to walk back to the entrance of the forest, grateful to have had this time, and to leave some things behind.

Now inhale...3, 2, 1...and exhale...3, 2, 1...slowly begin to wiggle your fingers and toes, inhale...3, 2, 1 and exhale...3, 2, 1 begin to come back to this present place, maybe stretch and move your body a little. Inhale...3, 2, 1...and exhale... 3, 2, 1. Whenever you're ready, open your eyes, and write few notes about your experience or tell someone that loves you what you saw.

Remember that your unique design is on purpose and that no matter what has happened, you get to decide the way you carry the parts of your story with you. And we think you're really creative, super unique, oh-so worthy, more capable than you know, and ready for what's next.

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

