

Silver Lining Meditation

Get settled in a comfortable seated position.

Your hands can be gently resting in your lap, palms up or down.

Start by taking a nice deep breath in through your nose and out through your mouth. You can add a sigh as you release the breath to relax further.

Next, allow your eyes to softly focus on a picture of a cloud.

Imagine the cloud is all the negative feelings you are or have been experiencing.

Add a lot of detail to the thought and notice how some areas of the cloud are very dark, how some billow out around the edges, how some areas are light, just like the thoughts and feelings you have been experiencing.

Continue to breathe softly, not forcing air in or out, and gently shift your attention to notice how some areas of the cloud are brighter.

As you continue to quietly breathe in and out, gaze at the cloud and see how the sun is shining a silver light that is just beginning to break through the darkness.

Focus your attention there and breathe...see the silver lining of the cloud, feel the warm rays of the sun and allow that silver light to shift your mind toward positive thoughts and a better mood.

Keep your attention focused on those silvery rays as you take a final deep breath in through your nose and out through your mouth.

As you bring your practice to a close, reflect on what is your silver lining today?