



## **In this moment, I am okay**

Welcome to the RelationKit mindfulness series. Today we will take a short pause to become grounded and recognise that, in this moment, all is well, all is okay. It's a simple exercise to help us feel safe, satisfied and connected.

So first take a moment to find your place - your comfortable seated meditation position, feeling the support of the chair beneath you and the ground underneath your feet. Knowing that you are right where you are supposed to be for the moment. And getting a sense that in this moment right here, right now all is fine - you are okay. Taking a few deep breaths here, and now. Perhaps making your exhalation a little longer now, just relaxing into this moment - safe enough, calm strength - as you establish a sense of grounded presence, stability.

And now bringing to mind one or more things that you feel truly grateful for or bringing to your mind's eye anything that gives you a feeling of contentment, satisfaction - feeling that you have enough. It's nice of course to have more but it's also really good for you to feel gratitude for what you have already – satisfied, feeling full, content in this moment.

And now bring to mind someone you care about who also supports you. Just beginning to visualise that person or group of people that you have in your life right now, and get a sense of that feeling of connection you have with them. Open your feelings of caring. Feel the bond you have, the warmth, the delight in knowing they are there for you. You feel this connection.

And, as you experience things that feel beneficial in your meditation, it's good to take a moment to really invite them into yourself – to really take note of the goodness that it makes you feel in body and mind; perhaps an inner strength, warmth, stability, reassurance, or presence of mind. Just take a moment to absorb these qualities into yourself.

*“In this moment, I am okay. I am safe.”*

Coming back to your breath now, and slowly bringing your meditation to a close.

Take care of yourself 'til next time.