

Guided Meditation: Meeting Your Wise Elder Self

@talkinghelpsheal

Find a comfortable position, either sitting or lying down, and gently close your eyes. Take a deep breath in through your nose, filling your lungs with fresh air, and exhale slowly through your mouth, releasing any tension or stress you may be carrying.

Imagine yourself standing at the base of a magnificent mountain. Feel the solid ground beneath your feet and the warmth of the sun on your skin. As you look up, you see a winding path leading up the mountain, surrounded by lush greenery and colorful wildflowers.

With each step you take, feel yourself becoming more grounded and centered. Notice the rhythm of your breath as you begin to ascend the mountain, following the path as it twists and turns through the landscape.

As you continue walking, allow yourself to be fully present in this moment. Feel the gentle breeze against your skin, listen to the soothing sounds of nature all around you—the rustle of leaves, the chirping of birds, the distant rush of a flowing stream.

With each step, you feel yourself growing lighter and more at ease, leaving behind any worries or concerns that may have been weighing you down.

As you reach the summit of the mountain, you find yourself standing in a clearing surrounded by ancient trees. In the center of the clearing, there sits a wise elder, bathed in a soft golden light. This is your wise elder self—kind, compassionate, and full of wisdom.

Approach your wise elder self with an open heart and mind, knowing that they are here to offer you guidance and reassurance. Take a moment to greet them, feeling a sense of warmth and familiarity in their presence.

Now, take a seat beside your wise elder self, and allow yourself to ask any questions that may be weighing on your heart. They are here to listen with kindness and compassion, offering insights and guidance born from their deep well of wisdom and experience.

Listen carefully to their words, knowing that they come from a place of love and understanding. Feel their reassurance washing over you like a gentle wave, soothing any doubts or fears that may have been troubling you.

Take as much time as you need in the presence of your wise elder self, soaking in their wisdom and basking in their loving presence. Know that you can return to this sacred space whenever you need guidance or support on your journey.

When you feel ready, slowly begin to bring your awareness back to the present moment. Feel the ground beneath your feet and the air filling your lungs. Wiggle your fingers and toes, gently stretching your body.

With a sense of gratitude in your heart, slowly open your eyes, carrying the wisdom and reassurance of your elder self with you as you continue on your journey through life.

Remember, you are never alone, and your wise elder self is always there to guide and support you whenever you need it.