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## **Sacred Space Meditation**

Find yourself a quiet place to sit or lay down. Turn off your phone and dim the lights. This is your time. A time for total relaxation and inner stillness.

Take a moment to make sure that you are warm enough, and that you are seated comfortably.

Rest your hands loosely in your lap or by your side. Now close your eyes.

Take a long slow, deep breath in...hold it for a moment, and then slowly exhale.

Imagine yourself enveloped in source energy, filling every part of your body with pure white light.

Allow that light to flow gently and easily with every breath you take.

Take another long slow, deep breath in...hold it for a moment, and then slowly exhale.

Allow any tension to melt away as you gradually relax more and more deeply with each breath.

Take another long slow, deep breath in...hold it, and then exhale. Empty your lungs completely with your out-breath.

And another deep breath in. Take your time. Hold it for a moment, and then let it go.

Already you are beginning to drift into a state of deep relaxation.

Continue to breathe slowly and gently.

Relax.

Now bring your awareness to the top of your head.

Sense or imagine a feeling of relaxation beginning to spread down from the top of your scalp....

Let the muscles in your forehead and temples relax.

Allow your eyes to relax.

Let your cheeks and jaw soften and let go of all tension.

Now this peaceful feeling flows down your neck and deep into the muscles in your shoulders...soothing them...releasing them. You feel your shoulders drop away, easing any tension that may have been present. Slowly breathing in and breathing out.

Allow this peaceful feeling to flow through your arms. Relaxing and soothing...all the way to the tips of your fingers.

As your body relaxes, your mind relaxes. Your thoughts become weightless, like wisps of clouds on the breeze.



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Now the peaceful sensation flows through your chest and your stomach. Feel how this area gently rises and falls as you breathe...slowly and deeply. Soothing and relaxing.

Turn your attention to the back of your neck and back, and feel this relaxing sensation flow all the way down your spine.

Now the peaceful feeling flows through your lower body.

Relax your buttocks...the back of your thighs...the front of your thighs. Feel them becoming loose and relaxed.

Soothing feelings flow down through your knees, and into your calves.

Your ankles relax. Now your feet relax.

Your entire body is soft, calm and relaxed.

### **Journey**

Now - imagine you are standing in a field; look all the way around, it is filled with wild flowers and tall grass. When you look out and around, you can see tall trees surrounding the field.

Spend a few moments observing this place - See the colors, shapes and textures that make up the field and beyond.

Now see a path across the field, going into the tall trees. Walk over there and as you walk, feel the ground under your feet. Feel the gentle tickle of the wild flowers and high grass as you passed by.

Step on to the path – feel the soft lavender colored petals beneath your feet.

Begin walking down the path simply observing along the way. What do you see?

Now look ahead, there is a doorway to your scared place, what does it look like? In our minds eye create as much detail as you can.

Envision the color, shape, and material of the door.

Is it a large door or a small door that you have to crouch down to crawl through? Place your hand on the door and open it.

Cross the threshold into your scared place and gently close the door behind you.

Now that you are in your scared place look around what does it look like? The easiest way to create this place is to envision your favorite place in nature.



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Bring forth images that bring you comfort and enjoy.

Are there any animals or spirits in this magical place like birds flying overhead, or animals playing under a tree trunk?

You are going to spend a few moments creating this place, finding a comfortable spot to sit and feel grounded and safe.

You are safe in this place. You are loved unconditionally and completely safe here. Take as much time as you want or need to be here.

It's time to return from your sacred place; find your doorway again and start walking toward it.

See your hand reaching for the door, push it open and step through it, as you gently close it behind you.

Continue to walk down the path that leads to the open field where you started this meditation.

As you slowly walk down the path, you can still feel the ground beneath your feet.

You are now five steps away from the end of the path, with each step you take you become more and more aware of your physical mind and body.

As you take the last step, you are completely back into your conscious mind and body.

Now open your eyes and feel at peace.

This is your sacred space.

**Note:** Whenever you are feelings stressed, are looking for answers, or simply want to be in a sacred, safe place return to this meditation.