

Example of relaxing meditation

Close your eyes and imagine yourself walking along a field path. The path is straight and without obstacles. You can walk without any problem, for there is nothing to bother you. You are calm and are not worried about anything. You do not have to think about anything. It is summer. The sun is shining and it is pleasantly warm. You feel the warmth on your skin. You can feel the sunrays touching your face, nose and forehead. You can feel light breeze. You breathe in the open air. Step by step you are entering a wood. The sunrays are shattered by the leaves above your head. You feel the scent of foliage on the ground. You enjoy the silence and quiet around you. You are not thinking of anything but your own freedom. The sunrays are touching the ground. You decide to sit down in the shade. You touch the ground. You are caressing the cold moss. You can feel the energy emanating off the woods. You slowly get up and continue your way to the meadow. There are bees and butterflies flying all around you. The stalks of tall grass tickle your legs. You are smiling, you are happy. Slowly wake up from your dream and open your eyes.

Example of a thematic meditation

You are parking your car at the shopping center. The glass door opens in front of you and you enter the building thinking only about what to buy. Already from the distance you can smell the scent of freshly baked goods. You can see a row of shopping carts. You put a coin into the nearest one and you start your journey among the shelves. There is fresh fruit right at the beginning. You breathe in and suddenly you feel the scent of exotic countries, you imagine tall palm trees and the radiance of the sun. You put a coconut, bunch of bananas and some red strawberries into your cart. You proceed just a little more and all of a sudden you can smell the ploughed soil which is home to various species of vegetables – potatoes, onions, garlic, cucumbers, tomatoes and radishes. The cart is getting full and you continue on to the dairy section. A merry cow is smiling at you and moos happily. You caress it. Milk, cheese and cream found their way into your cart. You are looking for meat. The butcher cuts for you the best part of sirloin that he has at hand. You can already see the bubbling sauce and steaming dumplings. You are approaching the cash desk, and there is no queue today. You see a sign saying – everything is free. You are passing by the cash desk and looking forward to being at home again.