

TRUST MEDITATION

Excerpt from *Integrative Sex & Couples Therapy* by Tammy Nelson PhD ©

Breathing to discern the difference between fear and intuition

Mindfulness simply means paying attention to what is here, in this moment. If you are feeling fear right in this moment then you are probably worrying about what hasn't happened yet. Fear is in the future. To get out of your fear, you have to take the time to bring yourself back to this present moment, really concentrating (at the same time letting go!) so that you can find your intuitive voice. Your intuition is in the now, in the present moment.

Deleted:

Here is an exercise to help you begin your practice of finding your intuition. This is a simple meditation practice. Find time every day if you can to sit quietly. You may at first feel restless and uneasy, but as you make time in your schedule you will find that the sitting and listening becomes easier and that you look forward to this time in your busy life.

Meditation to Find Inner truth:

Take some time to sit quietly and listen to your own inner voice. This exercise will help you to still all the noise in your mind by letting your thoughts float through without getting hooked by them.

This is especially helpful if you are feeling fearful or anxious. Meditation will help you to calm your fearful thoughts and hear your inner voice. This will let you trust your own inner truth.

Learning to trust your inner voice and inner knowing takes time, especially when your own inner confidence is not at its strongest. Meditation can help with this inner

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strength. Rebuilding trust after an affair is an inside job. Although much of your work with your partner is on communicating and sharing your thoughts, feelings and desires, you will need a quiet place to go within to feel centered in this healing process. Finding your inner calm place will help you to move forward into your new life with a peace and clarity that can guide you in all of your decisions about the future.

Trust will come as you become more confident about your own choices. Your confidence will come from an inner stillness that you cultivate on your own. This meditation practice will help you to begin that work.

Find a quiet place to sit or lie down. Breathe deeply, taking breaths in through your nose and releasing them out through your mouth.

Breathe into your lower belly and feel the clean, new air coming in. Exhale the old stale air out of your body.

Give yourself permission to enjoy this moment that you have to yourself. There is nowhere else you need to go and nothing else you need to do right in this moment.

Find a quiet place in your center, dropping into that safe place inside. Try and envision a warm, beautiful center within that you can rest in. Now tell yourself you are safe and that you can trust your own intuition.

Notice the fear thoughts as they circle around inside, and even in your safe place. Let them just slide by. Notice them, but don't try to analyze, judge them or change them. Watch them slide by on an inner screen like clouds floating by in the sky.

If you have a question think of it now and hold that question lightly in your mind. Try not to focus too intently on the answer or on figuring out if it is a valid question or a fear. Just picture the question as if it had a shape or a color. Feel where it is located in

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your body. Now notice what you feel in your center. When you feel the question, what do you feel in your center? What comes up for you? Breathe. Take some deep breaths into your center. Now go back to noticing your question. What do you notice to be true in your center?

Your center is in your gut, about two inches above your navel, on the inside. Remember we talked earlier about that intelligent place in your center, that speaks to you in its own way. Breathe into that space now. You may hear or notice a word or a phrase, or there may just be a knowing in your intuitive senses. Know that this may be fear or it may be intuition. Just notice it without judgment.

If it is fear, it will circle around and make you feel anxious. If it is "knowing" it will make you feel calm. Either way let it go, without judgment. Go back to your inner self. Breathe deeply. Drop into your calm center. Listen quietly. Breathe.

Breathe in and feel grateful for a moment. Thank your inner self for trusting your intuition. Give yourself a moment to appreciate that you took the time to listen to your true self.

Whenever you are ready, take a deep breath and come all the way back to your body and to your surroundings. Take your time and stretch and take some deep cleansing breaths.

You may want to write down what you remember, or move into your day, enjoying your sense of inner knowing.

You can come back to this safe inner place anytime.