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Beloved Meditation

*Take a moment to get comfortable. Pay attention to your breath. Breathe in hold for 4 counts and breathe out. Breathe like this a few more times until you find yourself present to this moment.*

*Now imagine the face of someone who loves you more than anything. See in your imagination this person who calls you beloved. Call to greater focus their face. See the color and texture of their hair. Pay attention to the wrinkles in their forehead. See the shape and color of their eyes. Scan down past the shape of their nose, and see them smiling back at you. Sit with this person who calls you beloved. See them gazing at you with love.*

*In your mind’s eye, hear them (or see them sign) the words you need to hear right now. What are the words only they can say to you that you need to hear in this moment?This person offers those words of love and generosity that you so desperately need to survive, to thrive. Sit with their words. Let them wash over you. Know that you are loved.*

*See yourself express gratitude for these words. You can see in your imagination giving them a hug, holding their hands, or just simply smiling back.*

*Sit with this moment of love and gratitude. Be present to love for just a moment longer. Take as long as you need. As you say good-bye to this person who loved you into being,* *know that you can return to this moment. This good-bye is not forever. It is just for this moment. Let the feeling of gratitude and love wash over you for this time with someone who loves you.*

*Say a final good-bye*

Adapted from Patrick Reyes, **The Purpose Gap**

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