

Guided Meditation

Patience Meditation: The Serene Starfish

Find a comfortable position for your body and close your eyes now. Take in a nice, deep breath and gently release it.

Notice how all of your muscles relax because you're allowing them to release with your breathing.

Now, in the stillness of your mind, imagine you are a peaceful little starfish resting at the bottom of the ocean.

Feel your body soften as you settle comfortably into the sand. The water around you is warm and gentle, like a cozy blanket, swaying your back and forth in its gentle rhythm.

You're in no hurry. When you need to move somewhere, you gently glide along using the little tubes along your feet.

As you enjoy relaxing in this perfect environment, where it's so easy for you to breathe in the water, something catches your eye.

Through the surface of the water above, you see sparkles shimmering in the moonlight. You allow yourself to slowly and gently float up... up... up... in no rush at all, until you are peeking just above the water.

In the night sky, you see the stars twinkling brightly, looking like tiny diamonds scattered across a dark, velvety blanket.

It's amazing to realize that there are bright beautiful objects - shaped much like you - up in the sky. And similarly to you, they don't zoom around with anywhere to go in a hurry. They just stay up there shimmering and twinkling patiently.

A happy thought enters your mind. You realize that you are not just a tiny starfish in the deep ocean.

You are connected to everything - the stars in the sky and the moon and beyond. You feel a deep sense of peace and happiness, knowing that you are part of something so big and beautiful.

The light in your heart dances with joy as it witnesses other stars - other forms of you!

Take a moment to breathe in this feeling of connection and knowing. With each breath, feel more and more at peace. The light that surrounds you fills you with calmness and easy joy.

We often lack patience because we're trying to force things to go our own way. But a greater understanding lies in our hearts and can guide us in every moment. All we must do is be patient and trust.

Whenever you feel in a rush or that you just can't wait any longer, gently let your heart remind you that everything in life has the perfect timing.

Now, slowly float back down and bring your attention back to this room.

Remember these affirmations whenever you want to feel more patient:

I am patient, and I am calm.

Patience flows through me with every breath.

When you are ready, slowly open your eyes, bringing with you the calm and happy feelings from your journey. You are a special starfish, connected to all that is, and you carry the light of the stars within you always.

