



As a new client, I help you find your resources. This is not a meditation, but BioWavz brings a feeling of safety, and this exercise allows you to discover your own personal resource to help overcome any difficult emotions that may arise throughout your day.

I invite you to sit comfortably, hands resting gently on your thighs.
Allow yourself to arrive (leave stress outside) and be in the present moment.
Take a nice deep breath, feel the air filling the inside of your lungs to your ribs, into your shoulders and abdomen.
Let it out through your mouth.
Once again, breathe in and out.

Feel yourself sitting in the chair.
Feel the back of your legs contacting the chair.
Drop your awareness down through your feet on the floor.
Just notice your breath.

As you are sitting there and settling,
Check in with what's going on in your body:
How are you feeling inside your body?
What are your sensations?
Be with those without judgment, without trying to fix anything or change anything.

I invite you to think of a good memory,
Or a place you'd like to be,
Or someone who makes you feel good,
Or somewhere in your body right now that lets you know you're ok.
Sit with that for a moment.

What is the sensation?

Allow a word, or color, or sound come forward that connects and resonates with that safe sensation.
Remember that word, or color or sound.

Now I invite you to slowly let your eyes open, become aware of your surroundings, look around the room, listen to the sounds.
Take a nice, relaxing breath.

If during your day, you are having a need,
You can recall that word, color or sound and bring up that feeling of safety
Which can help you negotiate any tricky emotions that may be coming up.

BioWavz

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