

# Meditation Script - Noticing Your Helpers

Sit comfortably in a quiet place where you can be free from distractions  
Whether you're on a chair or the floor, sit tall with a neutral spine  
Close your eyes, and breathe in and out through your nose  
Take a few cycles of breath to settle into your seat,  
And to settle the energy of your mind

(pause 3-5 breaths)

And then now that you've arrived,  
Invite in your helpers.

Bring to mind anyone who has ever helped you in your life  
And you remember each one, invite them to sit in the sky ahead of you,  
And see them there, looking down and smiling upon where you are  
right here, and right now

Remember all the way back to your mother and father perhaps  
Or your family, those who helped raise you  
Recall who it was who taught you the most basic survival skills in life  
Who taught you eat, how to brush your teeth, how to tie your shoes

Recall all the traditional teachers and helpers in your life  
Remembering who taught you how to read  
How to critically think  
Who taught you how to ask questions, or wonder

And then also invite in those who occupy non-traditional roles  
Someone you know who helped you by simply being an example, or a listener,  
Or someone who was an inspiration

And then maybe there have been helpers in your life who appeared in challenging ways,  
Forceful, even wrathful perhaps  
And if you'd like to, invite them too,  
to sit up there with the others, smiling down upon you

Invite in anyone else who deserves a place of honor  
Anyone whose life has changed the course of yours.  
Anyone who has contributed to who you are.

And once they are up there, feel their presence  
See them, smiling upon you, proud of you, loving you  
Feel their support and their love and their care for you

Visualize that love and support and care as rays of light, shining down on you  
Allow it to seep into you body  
And feel its warmth

Feel the warmth of that light both within you, and like a blanket surrounding you  
Allow for your body to be held by all that love and kindness

And recognize where it is that you are  
Here, meditating  
Continuing to grow  
Continuing to learn  
Walking the path of self improvement

Recognize how precious and how special and how rare that is  
And recognize how each one of your helpers has somehow contributed  
To your arrival right here in this place and time

(pause 3 breaths)

As you feel their warmth shining down on you  
Remember that you are never alone  
And that these helpers, in some sense, are always with you

Feel their warmth in your heart in particular,  
And generate a deep sense of gratitude for each of your helpers  
Of all the light that's shining down upon you,  
Of all the light that's seeping into your body, and your heart  
Send some of that light back out to your helpers  
From your heart to theirs

If and when you're ready to close your meditation  
In your own words, thank your helpers

As you thank them, send them light from your heart  
Smiling back upon them, as they smile down at you

And then visualize each and every one of your helpers  
And all the light surrounding them  
Dissolving into one bright shining ball of gold

A globe of pure light, vibrant and glowing

Feel that light slowly descend from the sky above you  
To the center of your heart

Feel its warmth, the warmth of your countless helpers within you  
Stay connected to that warmth as you slowly open your eyes

And remember all your helpers, and that light within you heart  
As you move about your day