



Position: Either seated comfortably in a high back chair (figure A), seated in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

The Breath: Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

The Mindset: As you sit or lay there focusing on your breathing imagine that you are in a grassy field. The sun is shining & the birds are chirping. This is no ordinary grassy field as you are sitting beneath a tree on a soft mossy, stump overlooking a medieval jousting tournament. You watch as one knight in silver armor defeats all of his foes. On the knight's shield is a symbol engraved in it of a stately lion. Every blow that comes toward the knight is deflected away by this stately, lion engraved shield. After defeating all challenges the knight is alone triumphant in the field.

The two of you remain there for a moment surrounded by peace & calm. The knight walks toward you; his sword sheathed & presents you with this stately lion engraved shield. You receive it graciously & the knight disappears into the forest. You look carefully at the silver, almost mirror-like, shield. The shield is surprisingly light weighted & your arm slides into a forearm strap & hand sheath on its other side, as if it was tailored for you. You admire & trace with your finger along the engraving of the lion. The face on the lion is calm & reassuring.

Imagine now that you are faced with something that you find strikes fear into your very soul. It may be a situation that you have been in before or one that you just think to be scary. However, this time you are equipped with a powerful deflecting shield with a stately lion engraved upon it. Know that nothing can penetrate your shield & that it will always be there. Take 3 deep breaths & open your eyes taking care to remember you are a shield carrying peaceful warrior.

Affirmation: End your meditation by telling yourself: ***"I shall not fear. I carry a shield that deflects all that is fearful. I will remain cool-headed & create peaceful solutions, if at all possible."***