



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 forest. Observe the matured trees & notice how although their trunks are separated by some distance their branches intermingle. The distance is necessary so that they have an adequate supply of water & sun to grow, but the function of providing an umbrella to diffuse the light allowing the smaller flora to grow is served & providing a protective shelter for animals is also served.

Next allow your focus to shift to these forest animals...squirrels, owls, deer, rabbits, foxes, bats, birds... etc. Plants & animals live in a symbiotic relationship with each other. Some animals are vegetarians & others are predators. Try to feel the rhythm of the forest, the ebb & flow of the interconnected life within. We too as human beings are connected to each other. And, like the animals & plants we need to have space for ourselves & for those around us. We need to respect this need for space because it is important to have that space to grow both physically & mentally.

Respect your interconnectedness with those around you. Respect your need for space & the need of space for those around you. Envision where & what you want to do with your life... whether you want to be a predator or a vegetarian, both have value & are connected to each other. What is your role in the forest of your life? Take 3 deep breaths & open your eyes taking care not to lose that feeling of interconnectedness with the world.

Affirmation: End your meditation by telling yourself: *"I am an important part of this world. I will allow myself room to grow & others room to grow. We are all connected to each other & I am part of this connection."*