

The 7 Steps of EcoMeditation

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Before you begin, turn off your cell phone, laptop, and alerts. Give yourself the gift of 20 minutes of undisturbed time. You can do this first thing in the morning, last thing at night, or during a break in the day. Sit upright in a quiet place where you will not be disturbed.

1. **Use your fingertips to tap on each of the EFT acupressure points in any order**, while holding the intention that you are in a calm and peaceful state, and nothing matters except the gift of undisturbed time you are now giving yourself. Tap from top to bottom, and when you get to the last point, start on the first point again.

This is time just for you. Let all your preoccupation vanish and allow yourself to be fully present. As you tap, say, "I release any and all blocks to inner peace. I release all tensions in my body. I release anything in my past, present or future that stands between me and inner peace."

2. Stop tapping and relax your hands. Close your eyes and **let your tongue rest loosely on the floor of your mouth.**
3. Feel your hands. Feel your feet. Feel the space inside your hands. Feel the space inside your feet. Feel the space inside your legs, your arms, your torso, your neck and head. **Feel the space inside your whole body. Picture a big empty space behind your eyes. Picture a big empty space between your eyebrows.** If thoughts arise at any point during the meditation, just let them go. Watch them drift like clouds across the sky, without attachment.
4. **Breathe slowly, for 6 seconds per outbreath, and 6 seconds per in-breath.** Count silently each time you breathe in, and each time you breathe out. Notice how relaxed your tongue is. Picture the big empty space behind your eyes. Keep your tongue relaxed.

If physical sensations arise in your body, such as aches or pains, just observe them. You don't have to do anything about them. Keep your attention focused on your breath, counting 6 seconds in, and 6 seconds out. Stay with this awhile.

5. Visualize the location in your chest where your physical heart resides.

Imagine Breathing in and out through your heart, while maintaining 6 second in-breaths and 6 second out-breaths.

Maintain a relaxed tongue. Stay with this for awhile.

6. **Imagine a beam of love pouring through your heart toward a person, a place or a special animal that you love.** Experience this with each outbreath. What does this beam of love look like? As you breathe out this beam of love how does it change? Stay with it.

7. **Bring that beam of love back into your body, into the area of your physical heart.** Now, send it to any part of your body that is uncomfortable or in pain. Stay with this, sending this beautiful beam of love to any place in your body that is asking for comfort and peace.

8. **When you feel complete with this meditation, return your attention to the room you are in.** Open your eyes and look at the object closest to you, observe its characteristics, such as color, texture and weight. Shift your gaze and look at the object furthest away from you. Notice your breath. Notice the weight of your body on the chair or on the surface on which you are sitting. Feel your hands and feet. Be aware of the space around you.

9. **Bring yourself back to the here and now.** While a meditative state supports our well-being, it is also vital to orient ourselves to the "real world" and function there effectively at the end of each meditation experience. Enjoy this renewing pause. Practice often.