

Guided Meditation: Connecting with Your Songs

Introduction

Welcome to this guided meditation. Today, we will connect deeply with three significant songs from your life. This mindfulness exercise is based on the idea that music holds memories, which in turn evoke emotions. By connecting with the music that has shaped us, we can better understand and manage our emotions, helping us lead a more meaningful and purposeful life.

To get started, select three specific songs:

1. **Youth Favorite:** What was your favorite song growing up or as a teen?
2. **Significant Era:** Choose a song from an important time period in your life. It can be happy, sad, angry, etc., as long as it is or was personally meaningful to you.
3. **Current Favorite:** What is your favorite song or a song you really like right now?

Preparation

Set your intention to practice mindfulness and take 8 deep breaths. Then, press play on your first song.

Youth Favorite

Use the sound of the music and your body as anchors to the present moment. Each time you inhale, focus your attention on hearing the music. Each time you exhale, focus your attention on your body. Inhale, hear the music. Exhale, feel the music. If you get distracted, refocus your attention on your inhales and exhales.

Significant Era

Next, play your second song, the one from an important time period in your life. For better or for worse, our body carries all of our memories and impacts how we experience life. For now, we are just training our attention to connect with the present moment and allowing any memories and emotions to be. If your mind wanders, bring your focus back to your breath and the music.

Current Favorite

The songs we connect with now can give insight into what is going on inside, making us better able to meet our emotional needs. Inhale, hear the music. Exhale, feel the music.

*When the music ends, go to the next section.

Reflection

As the music comes to an end, take a moment to reflect on the journey you've just experienced. Notice how each song brought different emotions and memories. Embrace these feelings and understand that they are part

of your unique story. Recognize how these connections help you better understand and manage your present emotions and responses.

Closing

Begin to bring your awareness back to the present moment. Feel the surface beneath you once again. Wiggle your fingers and toes gently. When you're ready, open your eyes and take a deep breath.

Remember that music holds the power to connect us with our deepest emotions and memories. Use these connections to understand yourself better and to align your responses with your personal values.