

Guided Meditations for Each Session

Session 1: Embracing the Elder Journey

Sit comfortably and close your eyes.

Breathe in slowly and deeply...

Breathe out gently.

As you breathe in, silently say, “I open to the journey.”

As you breathe out, say, “I release who I thought I needed to be.”

Visualize a path unfolding before you—filled with light, wisdom, and the presence of those who walked with you.

With each breath, welcome the fullness of who you are becoming.

Take a few more deep breaths. When you’re ready, gently return to the space.

Session 2: Living from Love, Not Fear

Find a quiet place and allow your body to settle.

Breathe in peace...

Breathe out fear...

Repeat: “I am safe in the flow of life.”

Imagine your heart gently opening. With each breath, let go of fear, worry, or judgment.

Envision love entering your heart and flowing through your body, grounding you in calm and compassion.

Breathe in trust...

Breathe out tension...

Stay in this space of love for a few more breaths. Slowly return with gratitude.

Session 3: Our Many Worlds

Sit with both feet grounded, eyes closed.

Inhale deeply. Exhale slowly.

Reflect on the many roles you've played—child, friend, worker, parent, grandparent.
With each breath, honor one of those roles.

Say silently: 'I honor the path I've walked.'
'I honor the wisdom I've gained.'

Let images and feelings arise gently. Hold them in compassion.

With one more deep breath, express silent gratitude and return to the present.

Session 4: Love as a Daily Practice

Close your eyes and bring your focus to your heart.

Inhale: "I am love."

Exhale: "I share love."

Visualize a warm light in your heart. Let it expand, radiating kindness.
Send love to someone in your life who may need encouragement today.

Now send love to yourself. Smile gently.

Rest in this circle of giving and receiving for a few breaths.
Return when you are ready.

Session 5: Mortality, Meaning, and Letting Go

Find stillness and close your eyes.

Take three slow breaths. Feel your body grounded in this moment.

Inhale: 'I welcome this moment.'

Exhale: 'I release what no longer serves.'

Visualize holding a stone representing something you are ready to release.
As you exhale, imagine gently setting it down beside a flowing river.

Let the river carry it away. Feel the lightness in your being.

Take a final breath of peace. When ready, return to the group.

Session 6: Celebration and Integration

Sit in quiet presence. Close your eyes and smile softly.

Inhale gratitude... Exhale peace...

With each breath, recall a joyful or meaningful moment from this journey.
Let it fill you with warmth and appreciation.

Repeat: 'I am grateful. I am whole. I am love.'

Imagine these words wrapping around you like a gentle embrace.
Take this feeling into your day. Return when ready.