



Your Relationship to Life

“Life arrives as it is; when we receive it without judgment, it becomes our strength.”

Here’s a guided meditation you can use to discover how you subconsciously relate to Life itself—not just people or circumstances, but the felt sense of Life as it moves through you.

It’s a mix of mindfulness, somatic awareness, and gentle inquiry, designed to let hidden patterns reveal themselves rather than forcing answers.

Just notice what arises.

No need to analyze, judge, or fix.

Stay in a compassionate witness space.

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Meditation: “Meeting Life As It Is”

1. Arrival & Centering (2–3 minutes)

- Find a quiet space. Sit upright but relaxed, feet or sit bones grounded.
- Close your eyes. Take 3 slow, steady breaths in through the nose, out through the mouth.
- With each exhale, silently think, “*I arrive.*”

2. Sense Life Around You (2–3 minutes)

- Begin to feel the air on your skin, the subtle sounds in the room, the weight of your body.
- Imagine Life as a soft current flowing through and around you—breath, heartbeat, sensations, thoughts.
- **Say inwardly:** “*This is Life happening now.*”
- **Notice:** Do you feel relaxed, tense, curious, guarded, welcoming?

3. Invite an Image or Feeling of “Life” (3–5 minutes)

- **Ask inwardly:**
“*If Life itself appeared to me as an image, shape, or presence right now, what would it look or feel like?*”
- Let whatever arises come without censoring—a *color, texture, being, landscape, or even a word.*
- Observe your spontaneous reaction: Do you want to move closer, pull away, control it, merge with it?

- Where in your body do you feel this reaction? *Warmth, tightness, excitement, fear?*

4. Gentle Inquiry (3–5 minutes)

Silently ask yourself, one question at a time, pausing for sensations or images:

- How do I instinctively approach Life? (*Do I brace, chase, surrender, test, negotiate...?*)
- What am I expecting from Life? (*To provide, challenge, surprise, love, punish...?*)
- What do I feel I deserve or have a right to with Life?
- What am I afraid Life might do if I fully open to it?
- What would it feel like to trust Life right now?

The subconscious reveals itself through *sensation, image, and subtle inner commentary.*

5. Integration (2–3 minutes)

- Bring your attention back to your breath.
- Place a hand on your heart or belly.
- Say inwardly: *“I honor what I’ve seen. Life and I are in dialogue.”*

- Open your eyes slowly. Jot down any words, images, or sensations that stood out.



Optional Journaling Prompt

Afterward, write:

“When I met Life in meditation today, it appeared as _____.

My first reaction was _____.

This shows me I subconsciously relate to Life as if it is _____.”

Completing those blanks often surfaces a deep insight.