

Get In Touch With Your Inner Wisdom Guided Meditation

Welcome to Get In Touch With Your Inner Wisdom Guided Meditation.

Day to day, our thoughts and feelings shift quickly, as does the busy world around us. It's hard to keep up with our minds' inner workings in the most basic sense, let alone analyze and understand them. But as you develop your mindfulness practice, you'll notice different aspects of your mind. Like muddy water that gently settles, your mind slows down and becomes more transparent, allowing you to access your inner wisdom. With more practice, your observational skills improve. These skills will help you as you learn to understand your thinking process and, more important, to relate to yourself in a kinder and wiser manner. And then you can examine and understand your mind—which helps you examine and better understand your eating habits, your health, and your life.

According to a model developed by Sasha Loring Psychotherapist and meditation teacher, the mind has three layers.

If you started meditating only recently, don't be discouraged if you haven't experienced all these layers of mind. Remember the muddy water metaphor—clarity takes time.

The top, most accessible layer, also known as the “monkey mind”, or chattering mind, is made up of the constant stream of thoughts and judgments that can be difficult to settle.

The second, deeper layer of mind, the reactive mind, is made up of the thoughts, beliefs, sensations, and emotions that tend to drive our behavior. These thoughts and emotions (which are usually the product of beliefs) often put up a screen, clouding our view.

The deepest layer of mind is your wisest self.

Our wisest mind, our inner wisdom, can be accessed only when the other two layers are seen clearly for what they are and quieted down. With regular meditation practice, you can quiet the busy mind and access your inner wisdom.

Think of your wise mind as your Inner Compass, an internal guide that has your best interest at heart. Following your Inner Compass gives you a sense of direction that helps you behave in healthier ways that align with what you most care about; it

helps you live according to your values.

Your Inner Compass is at the heart of inner motivation—as opposed to motivation based on ideas about what you “should” or “must” do.

Practice distinguishing it from the other forces in your mind—the Inner Critic, the lizard brain

that “wants what it wants, now!,” and the voices that tell you what you “should” do for some unclear reason.

Let’s connect with your Inner Compass now

Start by getting yourself into a comfortable position in a quiet, relaxing place. Once you are in position, you may close your eyes and focus your attention on your breath.

Inhale to the count of three. Exhale to the count of four. Continue breathing and repeat the words *I'm here* (silently) with every exhale.

Repeat it 3 more times.

Now, take a deep breath and feel your lungs expanding as you do so. As you exhale, notice how your muscles feel throughout your body and continue to silently remind yourself *I'm here*.

This time, I want you to take a deeper breath than the last. Your lungs should expand and you should feel it in your rib cage. Then, as you exhale, pay close attention to how your muscles feel in your chest, hips, and stomach. Continue to say *I'm here* on the exhale.

Continue deep breathing. Allow your body to relax, roll the stress and tension from your shoulders, neck, and face. As you exhale, imagine all that tightness and tension disappearing from your body. It is floating away. Continue deep breathing. This is the final deep breath to inhale before you return to a more natural rhythm. *I'm here*. I am relaxed. I am safe. I am supported. Your inner voice is shining through.

Let me guide you through a forest. There is a cave in the distance and you walk down the path leading you to it. You are safe. You are where you should be. As you travel the path you hear birds singing in the distance, there's a light breeze and it feels warm as it flutters by. In the distance, you can hear a stream. You feel at one with your environment and you are secure here.

You have reached the entrance of the cave. Enter. You are not afraid. The lighting is dim, but you can make out a set of stairs. You follow and find yourself traveling deeper into your subconscious. You can see yourself, and it feels both familiar and as though you belong.

Now you have reached the bottom of the stairs and you find a person standing with their back to you. She turns and you find yourself face-to-face with yourself. This is your inner-you. They approach, speaking quietly, offering messages of support and insight into what you desire most.

This reminds you of your inner purpose and your values.

You talk and you laugh together, feeling at home as you get reacquainted with yourself. You are enveloped by long-forgotten emotions and understand what they mean. You know who you are. You know what you're supposed to do. Continue breathing slowly and deeply. Clear your mind and listen closely to your voice talking to you. What is it saying?

Now listen even more closely. Pay attention to any feelings coming up right now. Are there feelings you need to talk about? Are there unmet needs? Be present with yourself, your body, and those emotions you're experiencing. Your inner wisdom's voice might be subtle, but it has been guiding you all along. It has carried you through your doubts and fears and allowed you to overcome challenges.

Tell your voice that you are listening. Tell your voice that you hear it. What is the voice telling you? Take a few moments and ask it some questions, check in with yourself. Ask, how have you been? Do I listen to you enough? Have I been ignoring you? Keep breathing deeply and allow yourself to hear the answers. Be open. Remember you are safe, you are with yourself.

Tell yourself that you are here, and that you are ready to accept, hear and listen to what your voice tells you. Your inner voice can offer you insight into your truest desires because it is the deepest and truest you. It is connected to your subconscious self. Keep breathing and listen closely. Tune into your inner voice and open your mind to it and what it tells you.

Ask your inner wisdom:

What beliefs do I have about myself, my weight and my body or about the world that limit my full potential?

Now choose on one limiting belief that you presently hold. What thoughts, emotions, or feelings are associated with this belief?

Ask your inner wisdom where this belief may have come from.

Ask if this belief is 100% true or just a story. Then, ask your inner wisdom: What might be possible if I was not attached to this story?

How would you feel if it wasn't true?

Can you let this negative belief go?

What will it cost you emotionally if you don't let this belief go?

What will it cost you in your relationships if you don't let this belief go?

What will it cost you physically if you don't let this belief go?

Your inner wisdom may ask you to choose to let this belief go and forgive any people or situations that caused you pain in the past. Forgiveness sets you free. Forgive yourself too! The more positivity you add into your life, the better you will feel, and the less you will need to find joy, fulfillment, or relief in eating.

Focus on your breath as you visualize this story leaving your body with each exhalation.

Now ask your inner wisdom what positive, nourishing, or supportive belief it suggests you in place of the previous one?

What thoughts, emotions, or feelings are associated with this belief?

How would you feel if compulsive eating wasn't an issue anymore?

How would you behave if you knew it was all possible for you?

How would you feel if you knew it was all possible for you?

How would you spend your day and what would you think about if food wasn't an issue anymore? If you didn't need to plan your diet and what to eat and you could just concentrate on other things instead? What would you fill that time up with?

What is it you truly desire?

Does your limiting beliefs stops you from having what you desire? What will you no longer be available for, as of today?

What is your new positive, empowering, life-enhancing belief?

Repeat this belief to yourself a few times in silence.

Now thank your inner wisdom for its help, encourage it to talk to you more often and say goodbye. Believe that your inner wisdom has the power to guide you every day.

Now, take five deep breaths and allow your breathing to return to normal as you open your eyes. Continue this practice regularly. Through this guided meditation, you can solidify your relationship with your inner voice and your truest self.