

Meditation about empowerment

The facilitator can ask the participants to seat in a relax manner and put a soft gentle music and start speaking in a soft but loud enough voice.

I sit peacefully and allow my mind to rest. I send cool and soft vibrations to my body.

I visualize my inner garden. Inside each one of us, there is a whole landscape of diversity. There is a whole range of different seeds. Each seed is a potential plant and each potential plant can bear a fruit. Similarly, in the depth of our inner personality, lies the garden of our potential. By looking at this inner garden with the eyes of love, it is as if I water the crops of my inner life. Silence allows me to reach the rays of the sun and allow its light to awaken the seeds inside.

I can also extend this loving vision towards everyone, seeing their qualities and capacities even if only in the form of seeds. In this way, I allow them to awaken and become strong; giving strength to their personality.

The more I trust myself and I trust others, the more they can live up to this trust.