

Meditation about simplicity

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

I can sit peacefully and I allow my mind to rest. I send to my body cool and soft vibrations. By thinking that life or things are complicated for me, I become fearful, rigid and unable to find solutions.

On the contrary, when I am simple and trust that solutions to my problems are only a thought away, I allow my capacity to find solutions to emerge from my inner wisdom. By freeing myself from complications, I become free.

The needs of a human being are very few. The complexity of his greed and desires make his life very complicated.

In silence, I allow myself to come back to the essence of what I really want to experience; beyond the have and have not. I just want to be maybe peaceful, maybe happy, maybe content, maybe free. Whatever may feel right, I can experience it just now. The belief that I need things to be happy is very deeply infused in my sub-conscious beliefs. But for a minute or two, I can allow myself the luxury of simplicity. I can simply be happy with nothing; having just my own inner potential to experience contentment. With these strong vibrations, I can dissolve the power of my belief of needs and dependencies. I can be simple, uncomplicated, free and content