

Please find a comfortable position. However you want to be, whatever feels right.  
 Fill yourself with a situation you would like to resolve. A situation that is currently causing you anxiety.  
 A situation that is currently causing you discomfort.

Immerse yourself in the situation.....just for this moment.

Then transfer the situation to a globe. Fill the globe with the situation. The situation is now separate from you.  
 You are looking at the situation through the eyes of the casual observer.  
 As the casual observer, there is no right or wrong. There is only curiosity.

What can you see?	
What can you hear?	
What can you smell?	
What can you taste?	
What can you touch?	

The scene begins to change as you start to breathe in and out through your forehead.  
 You are now looking at the scene through the eyes of the ego. In the ego, you are breathing in and out through your forehead. You begin to analyze the scene.  
 Your breathing is steady and slow – in and out through your forehead. How is the scene changing?  
 You are the casual observer looking through the eyes of the ego. Breathing in and out through your forehead.

- Just analyzing – Not feeling. What questions do you have or judgements have you made?
- Are you the victim?  Have you been wronged?  Or, perhaps you are simply misunderstood?
  - Is the other person really trying to look at the situation through your eyes or are they stuck in their own world?
  - How could you be at fault?  What should they have done or said to make you feel better?
  - Why are you the one always being asked to change?

What can you see?	
What can you hear?	
What can you smell?	
What can you taste?	
What can you touch?	

You move your breathing from your forehead to your heart.  
 The scene changes. You are now looking at the scene through the eyes of the heart.  
 Breathing in and out through the heart, you begin to soften and release. To settle into yourself.  
 Your breathing is steady and slow – in and out through the heart.  
 Really look at the scene as the casual observer through the eyes of the heart.  
 Only breathing in and out through the heart.

Just feeling – not analyzing. What are you feeling?

- Are you living your values in an honest and loving manner to ensure your personal growth and development?
- Loving, appreciating and respecting yourself is so very important. Are your reactions heart-based?
- Some believe, your soul determined your lessons before you were born. Lessons you would need to overcome. Is this belief important for your personal development?
- Are you able to look at the situation from the perspective that you are working towards your highest and greatest good?
- Some may believe, the person is a mirror. Can you see that you have done or have the potential to behave in a similar manner? Perhaps it is important to look at yourself and accept this shadow aspect of your personality?

What can you see?	
What can you hear?	
What can you smell?	
What can you taste?	
What can you touch?	

Now you know the difference between the perspective created by the ego vs the heart.

You understand what perspective you must take to rectify the situation for your highest and greatest good.

A choice needs to be made and followed through. This may include reframing your attitude or walking away.

You know what you need to do.

Lessons are never positive of joyful because discomfort forces change.

The globe has provided the information you need.

Separation from the situation creates wholeness because, wholeness only exists when you can see through the eyes of the heart with compassion.

Your heart knows what is required for your highest and greatest good.

It is time to clear and clean the globe. Fill the globe with a beautiful turquoise light.

The turquoise light slowly changes to white light.

This white light slowly fades until it is gone, taking the globe with it.

Please finish the meditation by filling the space created (by the release of the situation) with love.

As you inhale, silently say love and as you exhale, silently say light.

Repeat 5x – – Inhaling love. Exhaling light.

#### **The Qualifier**

- Raincoast Elemental Wellness and Consulting Inc. is a complementary care provider.
- All the services provided by complementary care providers are complementary to, and do not replace the prescribed treatment/therapy of a licensed Medical Professional. Complementary care providers do not diagnose, treat or prescribe..
- Raincoast Elemental Wellness and Consulting Inc. domiciles in Canada and falls under the laws and jurisdiction of Canada.