

## Spotlight on Your Self

Meditation by Sophie Walker for Attentive Art



### Transcript:

Take a few slow, deep breaths and gently close your eyes. Feel yourself sitting or laying where you are. What does it feel like where your body meets the chair or the floor? Be aware of it and let it go. Can you hear any sounds? Birds, traffic outside, again notice them and allow them to be there. Now, picture yourself in your mind's eye. You are in a large room, with three spotlights. It might be in a dance studio or on a stage. Don't worry about an audience; this is all about you. You are on your own, standing in the centre spotlight. How do you feel? You see the other two spotlights and that other people are inside them. You remain in the middle and through the darkness you see that you also occupy both the other ones. Curious, you walk over to spotlight number one. This is you in the past, before you lost touch with some parts of your self. Stand in the spotlight with your past self, give her a hug, think about how you felt then and how you feel now. Ask yourself what is different, which aspects of that self are you happy to let go and which parts do you miss. When you have identified what you are missing, maybe its more rest, adventure, freedom, whatever it might be and there may be as many things as you want to take away, put them in your pocket. Next, you walk around to the other spotlight. This is the future you. She smiles at you and gives you a hug. How does she feel? Has she filled the missing pieces, or created new parts of herself as she has grown and learned from life. The things we want and need in life alter as we follow our path and this future you is round and whole and complete. She shines with joy and abundance and you want to know her secret. How has she done this? She whispers it to you, whether it is rest, time for yourself, studying, changing your lifestyle, only you can hear her and you say thank you and smile and put what she's told you in your other pocket. You walk back to your central spotlight in the middle but when you get there, you see the other two have gone, and you were centre stage in your own performance all along. You check your pockets and all the information you have given yourself is there. Now it is up to you to decide how to use it. Take a couple more slow deep breaths and then, when you are ready, open your eyes.