Humanistic Spirituality
Experiential Teachings for Counselors and the Curious

WISDOM GUIDANCE

GUIDED MEDITATION

Take a few gentle breaths. Focus on a strong area of discomfort that recently affected you. Take your time. When you are ready, ask yourself, “What do I need to hear from myself right now to be supported? May my guiding thoughts be genuine and benefit my well being.” Pause. Make sure your guidance is directed toward the discomfort. Wait until you not only hear the suggestion, but also continue to return to your emotional discomfort. It is never helpful to get ahead of yourself.

Ask your wisdom to enter and continue to suggest what is needed. Let your request and the answer you hear be as simple, rhythmic and relaxed as possible. Listen to the intelligence in your heart that wants to help you. Ask, “What message will support this moment?” Ask for guidance. Let go of thinking in limited ways. Enjoy being receptive and asking for what you need. Look for a thought, a word, a phrase, a song, or a symbol and appreciate that you are looking, regardless of what comes or does not come.

This capacity is always available to help you sincerely inquire. Whatever you receive can be modified as the conditions change. Stay in the moment, appreciate that you are asking, and stay open to spontaneity. Ask yourself, “What is my guidance suggesting?” Enjoy the unity of your wisdom and your kindness. Plant seeds to remember that this wisdom is available whenever you ask sincerely.