

## Flower Seed Meditation by Deborah Goaldman

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*Take three deep breaths and close your eyes.*

Think of a favorite flower, perhaps a sunflower, a daisy, or maybe even a dandelion. Imagine holding the flower to your nose and gently breathe in its perfume. Continue breathing slowly in and out.

A garden is ready for planting. Nearby rests a packet of flower seeds. You are one of these seeds. This packet is your home where you feel safe, surrounded by your seed family.

Then the gardener picks you from the packet and buries you in the dirt. You don't understand what is happening? The soil is dark, heavy, and damp—something you have never experienced. You feel very lonely.

Then, a tingling stirs inside you. You start pushing out of the hard shell that surrounds you, pushing upward against the heavy dirt. It is difficult work and even when you want to stop, you can't, because the urge to grow is very strong.

To your surprise you emerge from the dirt into the glorious sunlight. You unfold your leaves and feel a new energy spreading through your body. Taller and taller you grow, always reaching for the light. Then when you think you have finished growing, something even more wonderful happens. Your buds open and for the first time you see how beautiful you are. And you discover that you are not alone. Your family is blooming beside you in this garden of light.

Now you understand and it makes perfect sense. You bow your head and whisper, "Thank you, thank you". Silently you receive from the light that loves you.

Feel the moment silently for as long as you want. When you're ready, turn your attention to where you are resting and remember: Whenever you feel lonely or you don't understand, remember this moment. Remember that you are a miracle of love. *Take three deep breaths and open your eyes.*

