

# 4A Draft

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moments, feel, safe, grounded, shoulders, body, breath, grounding meditation, deep breath, breathe, repeat, meditation, worthy, allowing, heightened, anxiety, today, nose, nurture, evading

## SPEAKERS

Amira

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Amira 00:00

Hello, Miss Amira here. Welcome back to my mini episode. This is Advocate Activism. I decided to do a another meditation today for everybody. But before I do that, I want to talk a little bit about burnout, I feel I should talk about this. I am in a phase in my life where I'm having a hard time like evading my own anxiety. I'm wanting to be around people less and less. I do have some medical things going on where my anxiety being heightened right now makes total sense. But I say this all to say that I want to give us all the opportunity to give ourselves a little bit more grace and patience with ourselves. We're really hard on ourselves, y'all, myself included. And so today, I just want us to check in with ourselves with our heart and our mind. Give ourselves some love. Be with whatever's there, in a way that promotes curiosity and awareness of self. So, before we begin, go ahead and get comfortable preferably with your spine straight. And I want you to drop your shoulders. Get comfortable in whatever seat you're in. Planting both feet on the ground. If you need more grounding, open up those feet like portals, grounding yourself deeper into the earth. And allowing your face to soften. And we're gonna breathe intentionally. However we breathe naturally for yourself just three intentional breaths in through the nose, and out through the mouth. One last time, in through the nose, and out through the mouth. Relaxing your body relaxing your shoulders. Just doing a body check, gently closing your eyes if you'd like. How do you feel in your body? How do you feel in your heart? We gonna practice pausing today. I know that awkward silence is nerve racking. But I want us all to practice a little bit of pause today. So during this guided meditation, there will be moments where I am not saying anything. I just offer you to use your breath in those moments. Just focus on the act of breathing. Breathing in fresh oxygen, blowing out the stale air. How do we feel in our bodies today? I feel calm. I also feel sad. It's very weird. I could be calm and anxious at the same time. We're just focusing on the breath. Allowing ourselves to be as we are, as we feel. Just doing a body check - How do you feel in your body? I want you to relax your shoulders. Relax your jaw. Relax eyebrows. Doing a body scan. How does your body feel? How does your head feel? How does your neck feel? Just being curious about it. How do your shoulder feel? How does your mind feel? I truly believe in allowing our bodies to feel whatever we feel, allowing our mind to register what our body is feeling. Even if it's upset. Yes, I've seen you upset, I feel you. This sucks, I feel shitty. But I could still be a friend to myself. I can still love myself through the shitty feeling in a loving way, like a friend. I can still cry and be sad, I can still be a friend to myself. I'm going to repeat the grounding meditation and feel free to listen to or say aloud to yourself any of the phrases that you hear. I will repeat the meditation twice. I am grounded. My breath is my anchor. My breath keeps me grounded in my body. I am calm. I am enough. I am centered. In this moment, I am safe within my mind and my body. I am safe, even in discomfort. I am safe, even in fear. I am safe, even in anger. I am safe, even in my deepest grief. I am safe, even in physical and emotional pain. Take a deep breath here in through the nose, out through the mouth. I nurture and sit with myself in all that I am and in all of my current moments, without changing or avoiding the outcome. I am worthy of all things beautiful and safe.

Deep breath here, in through the nose. I am grounded. My breath is my anchor. My breath keeps me grounded in my body. I am calm. I am enough. I'm going to repeat that again. I am enough. I am enough. I am enough. I am enough. I am centered. I am centered. In this moment, I am safe within my mind and body. In this moment, I am safe within my mind and body. I am safe, even in discomfort. I am safe, even in discomfort. I am safe, even in fear. I am safe, even in anger. I am safe, even in anger. I am safe, even in my deepest grief. I am safe, even in my deepest grief. I am safe even, in emotional and physical pain. I am safe, even in emotional and physical pain. I nurture and sit with myself. I nurture and sit with myself. Nurture and sit with myself, in all that I am, and in all my current moments. I nurture and sit with myself, in all that I am, and in all of my current moments. Without changing or avoiding the outcome. Without changing or avoiding the outcome. I am worthy of all things beautiful and safe. I am worthy of all things beautiful and safe. Deep breath here in through the nose and out through the mouth. Keeping your eyes closed for a moment. Allowing yourself just to be in this moment. You are so amazing. So beautiful. Just as you are in whatever space you're in, you are worthy of love. You are worthy of care even in your worst moments. Deep breath here. Roll your shoulders back, wiggle your fingers and when you are ready you may open your eyes. I just want to say, I love you and life is hard. And even in the bullshit, we can be really, really good to ourselves. Have an amazing week, amazing day, amazing night. Whatever you're doing know that Rayah and I love you. See you next time.