



Eden People Community Wellbeing Group
Wellbeing Support Exercises 2020

Hi

Eden People desire to keep you healthy in body, mind & spirit during these difficult and uncharted times. *Please keep in contact with us using the info at the bottom of each page. **Our inbox is open to you if you'd like more:** info, blessing, healing, insight & destiny or to join our community.*

Most of this document comes from our Body Blessing & Positive Postures Sessions, our Reflective Soul Sites, Sacred Texts and Accredited Writers; feel free to use them as required.

The aim is to bring you peace, hope, wellness and a sense of you not being alone but known to a Divine Creator / Maker / Being/ Spirit. Don't let the 'language' used distract you from receiving something positive for your whole being.

Starting Point: Grounding yourself – *could be difficult (in the current situation) but find that place you feel comfortable in, with an element of quiet or less distraction.*

- Find your own space – inside or outside
- Start seated, legs not crossed

Become aware of your surroundings:

- **Visually** – the place / space; any other people around you
- **Audibly** – what can you hear – this sounds of the place – acknowledge these.
- **Spiritual** – what do you sense about the space you are in

Become aware of how you feel: JUST NAME THE THINGS YOU FEEL TO YOUR SELF – be real

- **Physical Body** – tired, aching, weak, strong etc
- **Emotionally** - sad, nervous, happy etc
- **Stress levels** - work, people, money etc

*Take a moment to think of something positive that has happened to you or you have seen or heard today. **Be thankful for this, hold on to this.***

Aims / Desires / Hopes for this time: ask yourself what do you need or want.

- **Change in your** - thoughts, emotions or attitudes
- **Physical well-being** – feeling better / healing / stronger
- **Spiritual experience** – an encounter with the Divine Creator / God / Spirit / Light
- **Relaxation and peace** – new or required at this moment

Rest and relax for a moment

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A simple meditation:

RECEIVING – Palms Up – create a bowl using your hands



And **RELEASING** or letting go – Palms are face down



You can do this seated as you follow (and speak out) the script, take time to sense receiving and releasing for you in your situation

See this as a symbolic action, prayer, healing activity for you

Palms Up – I receive: **STRENGTH** to continue

Palms Down – I release **WEAKNESS** that hinders me

Palms Up – I receive: **LIGHT** to see ahead

Palms Down – I release: **DARKNESS** that blinds me

Palms Up – I receive: **LOVE** for who I am

Palms Down – I release any **HATE** that I may carry

Palms Up – I receive: **PEACE** in my mind

Palms Down – I release the **NOISE** that distracts me

Palms Up – I receive: **HOPE** for my dreams

Palms Down – I release the **NEGATIVES** that steals hope

Palms Up – I receive: **HEALING** for living here and now

Palms Down – I release **PAIN** that hurts me

Palms Up – I receive: the **GOLD of provision** for all I need

Palms Down – I release the **WORTHLESS THINGS** that clutter life

Palms Up – I receive: **THE DIVINE CREATORS LOVE FOR ME**

Palms STILL Up – I receive

Palms STILL up: I RECEIVE ALL THAT IS GOOD FOR ME

Palms STILL Up – I receive

Palms STILL Up – I receive

Hands Down & and rest, be aware of receiving & encountering LOVE



Positive Postures: Creating of stances, actions or positions that connect the physical body to your mind & spirit. Visualisation and ‘dreaming’ of action for situations in your life

Start: **FIND ENOUGH SPACE WHERE YOU CAN STRETCH OUT – STRECH UP, TO THE SIDE AND FOWARDS.**

EMBRACE POSTURE: CROSS YOUR ARMS WITH HANDS ON OPPOSITE SHOULDERS

EMBRACE YOURSELF: Love yourself as you are in this moment – you are allowed to do this. Start with LOVE for you.

EMBRACE OTHERS: as a positive act – think of those you love and care about; friends, family; the community around you

Feel the **EMBRACE OF the Divine Creators LOVE** for you right here and now.

➤ RETURN ARMS BY YOUR SIDES

PUSH THROUGH POSTURE: ARMS OUT IN FRONT OF YOU (PUSHING)
as if pushing open a heavy door or pushing an object out the way
PUSHING THROUGH life, push through the tests, pain, hurt to see
breakthroughs & victory – sense the Divine Creator pushing with
you.

➤ RETURN ARMS BY YOUR SIDES

REACHOUT POSTURE: STRETCH ARMS/HAND UPWARDS – reach up,
stretch, and stand on tiptoe.

HELP me! A stance to acknowledge need for help & support
Maybe you need Divine Creator to reach down to you? – Rescue
you from a situation and lift/raise you up to a place of safety
REACH out to Divine Creator / look to TOUCH Divine Creator

➤ RETURN ARMS BY YOUR SIDES

**STRONGMAN POSE: arms out at shoulder height with elbow bent
and fists clenched** – show biceps / muscle

Strength to lift weights – what weights are 'heavy' for you
Muscle strength – building this up – exercises, building strength
training – get in shape for what's ahead
Physical peak – a 'now' time to show your strength either: physical
/ emotional or spiritual
Who is stronger? Who/what or where is your opponent? Where do
you need strength, where do you want victory?

➤ RETURN ARMS BY YOUR SIDES

**BOXERS POSE: arms in front of you – one in front of the other, fists
clenched, bent elbows with fists up in front of your face**

Ready to fight: it's all on the preparation – training hard
Defence – defence from life 'punches'
Attack – fighting, forward stance – see the gap in the opposition
Knockout blow – landing the punch brings victory
Movement – ducking and moving, learning to see what is coming
Boxing Clever – metaphor: be wise & clever
Victory – claim the victory, you are a winner in situations

➤ RETURN ARMS BY YOUR SIDES

EMBRACE POSTURE AGAIN: CROSS OUR ARMS WITH HANDS ON OPPOSITE SHOULDERS

EMBRACE OF the Divine feel the creators LOVE for you right here and now. Love yourself as you are.

LOVE, LOVED, LOVE for you as you are

- RETURN ARMS BY YOUR SIDES

TO FINISH PRAYER HANDS

GIVING THANKS TO THE DIVINE CREATOR as ACKNOWLEDGMENT for a BLESSING TO YOU IN BODY MIND & SPIRIT

- Hands DOWN by your side

Finally:

Give yourself time to rest/relax and then reflect on how you feel; any changes in your wellbeing?

Feel free to use this or any part of the session to bring you wellness – any time, any place

For more on Body Blessing & Positive Postures do contact us via the contacts at the end of the page.

