

This meditation is designed to help us tap into the support that's available to us in any moment. As artists, this meditation might be particularly useful when we're feeling disconnected from our art making and need to feel a sense of support, to feel safe enough to make our art. This meditation may also be useful when we notice, during our art making practice, or at the end of our creative process, that we're feeling overstimulated, triggered, overwhelmed, or any other intense emotions.

Tapping back into support is a great way to ground ourselves as we make our art and beyond. Anything I offer in this meditation is simply an invitation. Take what works for you. Leave what doesn't, and use your creative imagination to transform any of the prompts I offer in ways that feel more supportive and accessible to you. Begin by settling into a posture that feels most supportive to you in this moment.

You might choose to be lying down, perhaps on a heating pad or an acupressure mat. You may choose to be sitting. You might be standing, pacing, taking a walk, or even joining from the bathtub. Any position is welcome. As you settle into your posture. Notice the surface that's supporting you. This might be the couch or the bed beneath you, a chair, the bathtub, or the earth beneath your feet.

Take a moment to notice where your body comes into contact with that place of support. What is that surface like beneath you? What does it feel like for that surface to hold your body?

Once you notice how it feels to be supported by that surface, you might also consider how that surface is in turn supported by the Earth itself. As the Earth rests beneath that surface holding the surface in turn. Can you feel the way that the Earth is supporting you, the same way it supports the surface beneath you?

To turn your attention to whatever else feels like it's supporting you in this moment. This might be the clothes that you're wearing, the texture of those clothes against your skin, how loose or tight your clothes are, and how it feels to have those clothes hold your body. You might have a blanket over you or a heating pad beneath you, and you might notice how that form of support feels. If you're in the bath, you may notice the way the water is embracing you, holding you in space.

Wherever you are. You might notice the air around you and the way the air fills everything. The space around you and gently touches your body. Another form of holding.

Take your time here, noting anything that's around you or touching you that feels like support.

And if the breath is a supportive anchor to you, you might breathe in the support and breathe it back out too.

And as you notice the way as your body mind is being supported right now. I'll invite you now to turn your attention to your body, mind. If it's supportive to you. You can move through a body scan, noticing what's present in your body and considering how your kind attention can be a sort of support for the sensations your body mind is experiencing right now.

You might begin in your head, at your forehead, noticing any sensations there.

Noticing the sensations in your eyes.

Noticing the sensations throughout your face.

And if any intensity is arriving, I invite you to consider how you might offer that part of your body mind support right now. That could be through gentle touch. You might whisper some words of support. You might breathe into that part of your body.

You can notice your mouth, your lips. The inside of your mouth. Your tongue. Your gums. Your teeth. Your throat. Offering support as needed.

You might notice your neck and your shoulders. And as you notice these sensations in the neck and the shoulders, gently give of yourself the support you're receiving to your bodymind.

You might trace the sensations that are present as they move through your arms, down into your hands and your fingers. How can your noticing be a form of support and itself?

You might feel into your chest, noticing what's present there, and offering your care to whatever's arising.

Gently shifting your attention to your stomach and your abdomen, being with whatever's present there.

Notice the sensations in your pelvic area. And remember, as you're scanning through your body, mind, you can offer support to whatever's here. Using gentle touch. Words of support. The breath.

And if at any point the sensations are too much to be with right now, remember another form of support can be turning your attention to somewhere that feels safer and more accessible in this moment.

Notice the sensations in your upper back. In the middle of your back. And in your lower back.

And then offer your presence to the sensations in your legs, all the way down to your feet. Gently allowing whatever is here.

Now allow your attention to go toward whatever's calling you. This might be a particularly intense sensation in your bodymind. It could be an emotion that's arising or anxious thoughts that are appearing. Or it might be a part of you, Perhaps a younger part who's asking for support right now.

If there are many things calling for your attention, you are welcome to move between everything that's calling to you, at a pace that makes sense for you.

With whatever is arising, notice what's here and ask, what does that sensation, emotion, thought or part need to feel supported from you? Are you willing to offer that support?

And then allow yourself, if you're in a good place to offer that kind of support, to give it to what's arising. That may be through shifting your physical posture. It might be through putting your hand on your heart or holding yourself in a hug. It might be through some simple, repeated words, something like I'm here and I love you.

Or you can use the practice of tonglen, where you breathe in the suffering and breathe out a wish for relief. That might be something like I breathe in my pain. I breathe out comfort and safety.

If what you're experiencing is very intense, and you're struggling to offer support in this moment, you can return your attention to whatever's supporting you. The surface beneath you, the earth beneath that.

The air touching you. The clothes you're wearing. Or anything else that feels supportive.

Support is available to you any time.

You might see if there's any way to deepen your sense of support right now, whether that's the support you're receiving or the support you're offering to what's arising within you. How can you more fully embody support?

As a way of closing this meditation, I invite you to put your hand on your heart or to find another gesture of care within your bodymind.

And as you hold yourself through this gesture of support, I invite you to offer yourself a wish. A wish of support.

Recognizing the way that we are all interconnected. I invite you to offer a wish of support to those you love.

You can return to this practice at any time through this meditation or the wisdom you learned from yourself about support in this practice. Support is always here.