# A Mindful Guided Meditation with Andrea Torres

# 00:00:03 **Sun Ezzell**

# Welcome back. This is Sun Ezzell, and we have a special guided meditation episode for you, led by Andrea Torres. Professor Torres is a counselor and certified mindfulness teacher at Mt. SAC.

# 

# 00:00:14 **Sun Ezzell**

# If you can, we recommend that you listen with headphones on, so you can fully immerse yourself into relaxation. So get comfortable and enjoy.

# 

# 00:00:30 **Andrea Torres**

# Okay, so wherever you are, you can just find a comfortable space. Just take a moment to do that and maybe have a seat. And I'm going to invite you to close your eyes, if you'd like, or just to look a few feet in front of you.

# 

# 00:00:53 **Andrea Torres**

# And just dropping in to the moment, dropping in to the space, beginning to become aware of your senses. So the sounds that you might be hearing, and the temperature in this space.

# 

# 00:01:31 **Andrea Torres**

# And now, bringing your awareness to your inhale, and your exhale. I'm not changing it or doing anything to it, we're just connecting. We're becoming aware, we're dropping into our bodies.

# 

# 00:01:51 **Andrea Torres**

# And if you like, you can place one hand on your chest and then one on your stomach, if that feels comfortable for you.

# 

# 00:02:04 **Andrea Torres**

# And as you inhale, feeling your chest and your stomach rise - and as you exhale, feeling your chest and your stomach fall. And just staying connected there to your breath, allowing just the natural breath.

# 

# 00:02:37 **Andrea Torres**

# This is a time where we can go inward, a time to maybe see our lives differently, and be open to any shifts or changes that may be happening. Change can be uncomfortable, but it also can be helpful to bring our awareness to the things that we can control and do what we can with what we have, knowing that we are all in this human experience together.

# 

# 00:03:38 **Andrea Torres**

# Taking a nice, slow, deep inhale, and sign out your exhale, just staying connected to that breath. Taking a moment to feel what is meaningful to you right now, just focusing your energy there for a moment.

# 

# 00:04:24 **Andrea Torres**

# Know that if there are any thoughts coming into your mind that it's okay. Wherever you are in this moment is okay. It's okay that even among the loss you may be experiencing, the fear, the uncertainty, that accepting it is okay, and feeling all of it is okay.

# 

# 00:05:23 **Andrea Torres**

# Continue to connect to your inhale and your exhale, knowing that this breath and this stillness is available to you at any time that you need it. Even just taking a few deep breaths throughout your day, may be helpful.

# 

# 00:05:55 **Andrea Torres**

# And now, just taking a moment to bring your awareness to someone or something that you're grateful for today. And just feeling those feelings of gratitude for a moment.

# 

# 00:06:23 **Andrea Torres**

# Now slow, deep inhale and exhale.

# 

# 00:06:36 **Andrea Torres**

# And taking a moment of gratitude for yourself, for being open to participating in this practice. Giving yourself this moment of stillness, pause - this gift of self-care and self-love.

# 

# 00:07:15 **Andrea Torres**

# And just remaining in that space, with your eyes closed if they are, and just taking your hands and rubbing them together, creating a warm energy, and just staying there for a moment; feeling that warmth and energy that you're creating. And placing your hands over and near your eyes, taking a deep, deep, inhale and pausing at the top, and sighing it out.

# 

# 00:07:58 **Andrea Torres**

# One more time, rubbing your hands together and really letting go on this next sigh out, knowing that whatever space you're in, hopefully, we can create whatever noise and just kind of sigh it out. So placing your hands over your eyes , taking a nice, deep inhale and holding it at the top ... and letting it go.

# 

# 00:08:29 **Andrea Torres**

# And gently releasing your hands down, and just taking a moment to check in with how you feel. And blinking your eyes back open to your space and you're ready.

# 

# 00:08:29 **Andrea Torres**

# [Meditation Sounds]

# 