

Meditation on Fear + Anxiety

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Hello. I'm John Kinyon. This guided meditation is a version of what in our training is called the Self-Connection Practice – breath, body, need.

Breath: As you notice the experience of fear happening in your mind or body, bring attention to your breathing. Observe the breath moving in and out. As you observe the breath observe the activity of your mind. Watch how images appear and disappear. Listen to the sounds of your inner voice talking, words emerging from the unconscious and then dissolving as you bring attention to them. Continue to come back to the breath, again and again, as your anchor.

Body: Now, with your attention follow the breath downward into the body. Be present with the feeling of your body. Scan through the different regions and territories of your physicality. Feel the sensations – perhaps constriction, pressure, tightness, pain, temperature, tingling. Can you bring warmth and tenderness to what you feel? Can you allow and receive your self with kindness and care? Feel the breath move through the body. Savor its nourishing, sweet flow. Perhaps you notice the breath slowing or deepening, or the desire for this? Perhaps you notice feelings of relaxation or peace arising? Whatever the sensations, can you be space for them? Can you be empathy and acceptance holding them? Is there willingness to simply, compassionately feel what you feel? Let the breath and the body be your solid ground of innersupport and comfort.

Need: Now, see if you can sense the subtle life energy and aliveness under the body sensations. Feel the connection with this animating energy. Imagine this energy is the same that animates all people and things. As you do this, ask your unconscious for some words of universal needs at the source of your thoughts and feelings, such as safety, security, support, trust, care, understanding. These are qualities we all want and need everywhere in the world. Your body will tell you when a word resonates with the aliveness present inside you. If need words come to you, say them to yourself a few times, slowly, mindfully, feeling the aliveness. And then, expand, soften, relax your attention, wide and open. Be aware of the wholeness and totality of your experience, all at once, the whole field of your perception. Know yourself as this self-aware space around you and inside you, as you also repeat the language of universal needs.

Repeat this meditation from the beginning if you want to continue.