

## SPIRITUALITY & MAID – MEDITATION EXERCISE

MEDITATION TOOL - when a client is seeking spiritual support in decision making or clarity about a decision already made

1. Be honest and clear with your client/person - what do you/don't you believe?
2. Do they still wish to continue with you?
3. Introduce that you have a tool that might help.  
If necessary, be clear that this is not a professional tool within your discipline but comes out of spiritual direction and pastoral care.
4. While you may not believe exactly what they do, you believe they have the capability to listen and discern. That your role in this is as a guide and a witness to their journey.
5. With consent, continue with exercise. Space/silence is important. Give more than you think. It's in the silence that the Divine speaks.

As much as they are comfortable, invite to settle in, close their eyes, palms up can be helpful - tactile can be distracting

The following exercise is written to be read as is if needed but can be personalized, paraphrased as you see fit/feel comfortable.

We'll start with some gentle breathing  
Our breath is part of who we are. It sustains life.  
Breathe slowly and fill your lungs down into your belly.  
Hold 2-3-4  
Slowly release.  
Let's repeat that 2 more times at your own pace, inhale, hold, release

There's an ancient Christian spiritual practice from the Jesuit order of stepping into a decision and seeing how your spirit responds as a way of helping clarify that decision. The practice is to make the decision, live with it for a few days and see how your spirit, indeed your whole body responds. Is there peace? Lightness? Heaviness? Doubt? Confusion? Liberation? Then do this again with the decision to the opposite. We don't have a few days right now however we do have a few minutes and sometimes we get a glimpse in those few minutes. You may not experience something and that's okay. Are you willing to give this a try?

The invitation is to make your decision with no explanation, no reasons, no other words, simply the decision. "I am going to have MAiD"

[pause]

Take a few minutes to listen to your whole self - what is happening in your body? What do you feel physically? [pause]

What is happening in your mind? What do you feel intellectually? [pause]

What is happening in your heart? What do you feel emotionally? [pause]

To create some separation, I'd like you to open your eyes and look at me for a moment. Are you okay? Would you like to continue?

We're going to work through that again, this time with the opposite decision. The invitation is to again make your decision with no explanation, no reasons, no other words, simply the decision. "I am not going to have MAiD"

[pause]

Take a few minutes to listen to your whole self - what is happening in your body? What do you feel physically? [pause]

What is happening in your mind? What do you feel intellectually? [pause]

What is happening in your heart? What do you feel emotionally? [pause]

When you're ready, would you like to talk about what you experienced?