

Meditation for peace



Inspired by an ancient song that starts 'the Lord is my shepherd', this guided visualisation invites you to imagine yourself resting in lush green fields and dipping your toes in cool pools before journeying towards a place of peace and abundance.

The journey, like life, has high and low points. After visiting places of rest and replenishment, you'll pass through a dark valley – and maybe that resonates with where you find yourself today.

Whatever situation you're facing, we hope this meditation reminds you you're not alone.

You are listening to a meditation to help you feel peace

Make yourself comfortable.

Let your body relax.

Take a deep breath in,
And a long breath out.

This meditation is inspired by an ancient song
It begins, 'the Lord is my shepherd'
As you listen, imagine yourself in the scene.

'The LORD is my shepherd;
I have everything I need.

He lets me rest in fields of green grass
and leads me to quiet pools of fresh water.

He gives me new strength.
He guides me in the right paths,
as he has promised.

Even if I go through the deepest darkness,
I will not be afraid, LORD,
for you are with me.
Your shepherd's rod and staff protect me.

You prepare a banquet for me,
where all my enemies can see me;
You welcome me as an honoured guest
and fill my cup to the brim.

I know that your goodness and love will be with me all my life;
and your house will be my home as long as I live.'

Take a deep breath in,
And a long breath out.

Imagine yourself in a field,
Laying down on a bed of green grass.
Feel the grass beneath your hands.

Take a moment to rest here.
You don't need to think about anything else.
You don't need to be anywhere else.

Let your body relax,
as the sun gently warms your skin.

At the edge of the field, a shepherd stands watch.

You walk over to join him
and find you're standing at the edge of a cool, calm pool of water.

Dip your toes in the water.
As you feel its freshness,
settle your feet on the ground
Let the cool water revive you.

Take a deep breath in,
and a long breath out.

The shepherd is ahead, walking towards a path.
You follow him.

The path is steady and even underfoot.
Around you, wild flowers dance in the breeze.
A bird flies silently overhead.
You look up and watch the view unfold.
In the distance, you notice dark clouds gathering.
The air begins to cool.
The sky darkens and raindrops start to fall.
As the rain grows heavier and the cloud comes in,
You can only see a few feet in front of you.

The ground underfoot becomes rocky and you start to feel yourself slipping.
You can no longer see the outline of the shepherd's staff.
But he taps it on nearby rocks so
You can follow the sound.

Take a deep breath in
And a long breath out

You haven't walked this road alone.
The good shepherd has been with you.

The rain begins to slow.
The path ahead becomes clearer with every step.
Light begins to break through the clouds.

You can make out building in the distance ahead of you.
The shepherd leads you to this safe, sheltered space:
A haven, a home.

He opens the door and beckons you in.

At the centre of the room, there's a table laid with food.
Here, you have everything you need.

You don't need to worry about hosting or performing.
You can simply be yourself.

The table is set for you.
It's full of your favourite foods.
Reach out and choose something.
Take a bite and appreciate the flavour.

You realise there are others in the room.
Those who have hurt or disappointed you in the past.
Notice how this makes you feel .

You look towards the shepherd.
Who pulls out a chair for you to sit down on.
He hands you a cup of your favourite drink.

You realise you're the honoured guest here.
The shepherd is hosting this feast for you.
The others are just looking on.

He sees the beauty in you.
This is a time of celebration.
The shepherd joins you at the table.

Tell him something that's made you smile today.

[PAUSE]

Share your favourite memory with him.

You've forgotten about the others in the room;

All you feel is peace.

Rest in this feeling.

Take a deep breath in,

And a long breath out.

This meditation has talked you through an ancient image of the good shepherd found in Psalms.

For the songwriter, this good shepherd was God.

As you prepare for this meditation to end, invite the good shepherd to lead you through your day, confident that his goodness and love is always with you.