



In the Garden with the Trinity Guided Meditation

Note to the facilitator:

When facilitating this guided meditation, please take your time, reading slowly in a calm, soothing, steady voice. Prior to leading the group, familiarize yourself with the materials and also take a moment to center yourself with prayer before you begin. Finally, be sure to prepare the meditation space making it as comfortable and free of distractions as possible. Soft instrumental music, a gong, or Tibetan singing bowl can be helpful additions.

Meditation Preparation: Releasing Tension, Becoming Present

Sit comfortably, place your hands in your lap, uncross your legs and place them flat on the floor. Close your eyes and begin to breathe deeply.

Breathe in and out slowly and deeply from your abdomen. As you inhale, breathe in the spirit of God and as you exhale release all concerns of the day, all the troubles or anxiety you have felt up to now. Breathe in the spirit of God, breathe out the cares of the day, the rushing from place to place, from project to project. Let it all fall away.

As you continue to breathe, be present only to this moment as you relax and make ready for the presence of God. Slowly begin to relax your body; begin at your head releasing all the tension in your forehead; relax the muscles around your eyes and your mouth; release any tension from your jaw letting your chin fall as if you were asleep. Next become aware of your neck and shoulders; release any tension that has built up there today, feel it fall away like a weight falling from your shoulders – release it



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and let it fall to the floor.

Continue to breathe in deeply the spirit of God as you release any worry or concern that separates you from the present moment.

Notice next your chest and arms; relax all the muscles here and let any and all tension flow out of these areas. Feel it move right through your shoulders, down your arms, through you hands and out through your fingertips. Now relax you abdomen and lower body, letting any remaining tension or discomfort you feel flow past your hips, down through your thighs, and pass through your knees. Let it continue to flow down your calves, through your ankles and feet and finally release this last bit of tension out through your toes.

Take a deep cleansing breath, feeling the peace of Gods spirit that you've been breathing in fill your body, mind and spirit. Now you are ready to begin your journey inward to seek God.

Our Journey Begins

Imagine yourself on a dark path, you are not afraid, but it is very dark. Far in the distance is a light that is beckoning you. You move closer and closer to the light, you are aware of your aloneness, but you feel safe. As you enter the light, you realize that the place you are in now is the place where you have always felt most safe, most at home, most at peace; this is the place where you feel real joy.

This is your personal Garden of Eden. It may be a beach retreat



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that has memories of a carefree childhood; it may be a mountain lake surrounded by the majesty of trees God planted just for your enjoyment. Whatever this place is for you, sit and wait there for God to meet you in the cool of the afternoon. As you wait, take notice of the smell in the air: is it sweet? Is it salty? Is it pungent with wildflowers? Breathe your air in deeply as you note the soft breeze blowing against you skin, as you hear the birds overhead or the waves lapping along the shore. Can you feel the warmth of the late afternoon sun caressing your skin as you wait for the Lord?

As you wait, think of the person or persons who love you most; how would they greet you after a long separation, after you have not seen them for a while? As you are pondering the love of this person, you hear a stirring and before you are fully aware of what it might be, you look up to see God rushing toward you, arms outstretched. God grabs you in an embrace, the joyful kind that almost sweeps you off your feet, the bear hug kind of embrace that nearly takes your breath away. As God embraces you, you can sense God reveling in the joy of your presence, the wonder of your creation. You gratefully soak in the love of your Creator, the one who knows every fiber of your being, who has numbered the hairs on your head.

God releases you from the bear hug and tenderly reaches for your face. Gently God embraces your face as a parent embraces the face of a beloved child, looks deeply into your eyes and says, “I see hurts and worries and cares, tell me dear child of mine, what troubles you?”



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Sit down with God, remain physically connected by either holding hands or by resting curled up and nestled in Gods embrace, and pour out your worries. Hold nothing back; you are safe in the embrace of your God.

Jesus Comes

As you are speaking to God, you begin to sense a beautiful light moving toward you. Even as God is giving you full attention, God seems to beckon this light. As the light approaches, you can begin to feel warmth also emanating from it. Soon you discern a figure within the light. The figures arms are outstretched, reaching for you and then you realize it is your brother, Jesus. You stand and Jesus embraces you with great joy and tenderness.

God explains that Jesus was summoned by God to help you. God tells you there is no need to explain to Jesus all that you just confided in God because Jesus was with you in your Garden all along, so Jesus already knows. God stands, embraces both you and Jesus together, hugs you both and says to Jesus, “Help my dear child.” With a squeeze, God sends you and Jesus off together to walk in your safe place.

As you walk with Jesus, you can feel your brother’s love radiating from him, so you keep connected to him. Unembarrassed you hold his hand or walk arm in arm. You feel his strength, his confidence, his peace. Jesus knows just how confusing our lives can be, because he has lived as a one of us. He has proven his love for us, and as one like us, Jesus can



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teach us how to live in the confidence of Gods love.

Jesus looks at you and says in a soft voice, “I heard your pain as you talked with God. How can I help you, what would you have me do for you?”

Dialogue with Jesus. Tell him what you want him to do for you, ask for what you need. Listen to him and let him teach you.

The Spirit Comes

You have walked the depth and the breath of your safe place in the embrace of Jesus. He stops now and turns you to face him. He puts his hands on your shoulders and you again can feel the energy of his peace and his strength moving through his hands and into your body as it courses through every fiber of your being.

Jesus looks again deeply into your eyes and says, “I am grateful we had this time alone together. It pleases me so when you trust me with your deepest cares. Let us meet here together as often as you like because I particularly enjoy your garden spot.”

You know its time to leave, but you have just the slightest fear of going back into the darkness. Jesus senses your reluctance to leave and says, “Remember, no matter where you are, I am with you always, my strength, my peace and my love are there for the taking. As you leave now, I send my spirit with you as your guide. It is that soft light shining in your darkness. It is my love and the love of God your creator. Accept it as our gift. Follow it home”



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As Jesus finishes speaking, you are again in the darkness. The light of your garden spot is far away. But immediately you know you are not alone. There is a small light on your path, you look out and see God's spirit – as a small light moving with you, shining on your path lighting the way for each footstep just before it falls. The spirit comforts you as you make your way through the darkness. You understand that you will have the strength to do as Jesus instructed you.

As you make your way through the darkness, please now prepare your mind, your spirit and your body to return to this room and to your day-to-day life. When you are ready, open your eyes to spend a few moments writing down your feelings, your insights, things God or Jesus or the Spirit said to you as you journeyed together in your Garden or on your path back here.

If you choose to, you may share part of your experience or you may just hold it close to your heart, knowing we share in your joy.