

Bubble Meditation

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The world can be a stressful place. This meditation is designed for you to momentarily escape into a bubble and shield yourself from outside stressors. It allows you to go inside yourself for long enough to take some deep breaths, gather composure, and be ready to take on the world once again. This can be done at home, at work, or anywhere you need a quick pick-me-up!

Allow yourself a few minutes and find a place away from excess noise (if possible). Sit on the softest surface available (such as a yoga mat, blanket, or pillow) with your legs crossed loosely; or, if you're at work or at a park, etc., you can sit in a comfortable position in a chair or on a bench with your feet flat on the floor/ground. The object is to feel as tranquil as possible. Relax your shoulders and arms, letting your hands rest on your thighs, palms up or down. Close your eyes gently and begin by taking one deep breath in through your nose, holding it briefly, and then exhaling it fully through your mouth. Repeat a few times, and then follow the next steps:

1. Envision a big bubble enveloping you completely, muffling all of the sounds around you. This will act as a shield to deflect stress from the outside world.
2. Picture the bubble in any color you like: clear and shimmery, gold and glistening, pink and pearly, or any color that soothes you.
3. Now imagine that your bubble is lifting you up off the ground, and you're floating above all of the rough edges below.
4. You feel weightless, floating effortlessly upon a light breeze.
5. You can feel the tension dropping off of your body and falling through the bottom of the bubble and away from you.
6. Sunlight is gently warming your cocoon, making you feel relaxed and safe.
7. You breathe deeply and feel strength filling your body with each inhalation and stress leaving you with each exhalation.
8. After just a few minutes, you feel a fortitude within you which lets you know that you are bigger than any problem that comes your way. In fact, you are ready for any challenge!
9. You take a few more deep breaths, and with each exhale, the bubble around you slowly descends back down to the ground.
10. As you softly touch down, the bubble gently pops and you feel a refreshing mist upon your face. With one more deep breath in and out, you are ready to get back to the outside world!