



PAULA PLUCK

FREE Mindful Well-being Coaching Course



Internal Garden

I hope you have enjoyed the last three days. As you get to know yourself better through the previous meditations, you'll hopefully be getting a better idea of which aspects of your life are helpful and others that are not so helpful.

Today we're going to do a fun exercise meditation where you visit your inner garden and begin gently clearing these up, so we can live with more joy, creativity and awareness.

This is a wonderful chance for you to set your dreams free and gently, benignly influence the way you think – a chance to visualise getting rid of the things in your life that don't help anymore and welcome and nurture new things that do. Like a ship that makes the slightest change in angle whilst crossing an ocean, regular visits to your inner garden can result in massive beautiful differences to the destinations in your life.

Over the next 3 days, do the meditation each day, in conjunction with previous meditations if you prefer, and feel free to decorate your garden with things you love and play with the ideas of what you might gently discard and what you might grow in its place. You may well notice these things start to take on a slightly different hue in everyday life as you do this.





PAULA PLUCK

Love

Paula

**“If you want others to be happy, practice compassion. If you want to be happy,
practice compassion.”
-Dalai Lama**

