

## **Transcript for Grief Audio Meditation**

A resource produced by the [Philadelphia Museum of Art](#) in conjunction with the exhibition [\*Elegy: Lament in the 20th Century\*](#). Additional resources can be found [here](#).

This five-minute guided meditation practice is intended to ground and reconnect with the body. It is led by educator and social justice advocate Shesheena Bray, who holds a M.S.Ed in mental health counseling from the University of Pennsylvania Graduate School of Education.

### Listen to meditation

[00:00:01.09] Welcome. I welcome you to this moment. Before you move through this space, I want to invite you to ground with me. We ground in order to reconnect with the body, in order to feel ourselves.

[00:00:22.09] There are many things that take us out of our bodies, or away from our bodies: an image, a word, a past trauma, or a painful truth. This break in connection can leave us feeling disconnected, anxious, and numb. And so I invite you to ground with me in this moment and return to this practice as you need to.

[00:01:00.10] I invite you to notice your breath, without altering it at all. Just notice your typical way of breathing in---and out. Perhaps closing your eyes right now does not feel comfortable. Can you lower your gaze for a moment, turning down your sense of sight to deepen your other senses?

[00:01:33.09] Inhaling---and exhaling---through the nose, place your feet flat on the floor. Try to balance through all four sides of your feet to make maximum contact with the floor beneath you. Notice the support of the Earth beneath your feet.

[00:02:01.22] Can you allow yourself to be held for a moment? Notice where there's movement and what remains still as you inhale---and exhale. Can you deepen your breath, perhaps altering your typical way of breathing by expanding as you inhale---and softening as you exhale?

[00:02:40.33] Without using any force, send your breath into your belly and find expansion as you inhale, and use your exhale to draw your belly button back towards your spine. Keeping your shoulders relaxed, breathe here for a moment: gentle, full breaths in and out through the nose. Keep finding gentle expansion and contraction, in and out, in and out.

[00:03:33.86] Honor your body with each breath. Honor your body by staying present to this moment. Be here now. Come home to your body. And if your body does not feel like a safe place, I invite you to find one part of you that feels like home. Remind yourself that you are OK in this moment. Perhaps you'd like to whisper to yourself: I am OK, I am OK. You are doing great. Please breathe here another moment.

[00:04:57.93] I invite you to reconnect with the feeling of your feet on the floor. Taking the sweetest breath you have to offer yourself, take one last deep breath here. Lift your gaze. Bring gentle movement back to your body, and carry on with your day.