

Guided Meditation: Healthcare Access

Find a comfortable place to sit and close your eyes. *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Deep breath *(pause)* and let it out. *(pause)*

Once more, breathe in *(pause)* and let it out. *(pause)*

Imagine that a friend is recruiting people to participate in a fundraiser for a local health clinic. *(pause)* You are not sure that you want to get up early on a Saturday to walk. *(pause)* Your friend invites you to come to the clinic and see the work they do. *(pause)*

When you arrive, you notice a poster about vaccination on the wall. *(pause)* You hear a baby crying as she gets a shot. *(pause)* You see pregnant moms waiting to get their check-ups. *(pause)* You watch as a kid with an inhaler picks up refills at the desk. *(pause)* You move out of the way so a man in his 70s can test out his new walker. *(pause)*

The clinic staff are very busy. There are lots of people who need their help. How do you feel as you watch the staff take care of people? *(pause)* What do you want to do to support them? *(pause)*

Take a deep breath *(pause)* and let it out. *(pause)*

Open your eyes when you are ready.