

Guided Meditation: Housing Insecurity

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 nearby hotel is being turned into a shelter for those without a permanent home. *(pause)* A local community group is looking for volunteers to help set up the apartments for those moving in. *(pause)* Your family decides to help. *(pause)* You carry in a bed frame and side table. *(pause)* You also help put together a bookcase. *(pause)* You even get to pick out some throw pillows for the sofa. *(pause)* You wonder what else the new tenants will need to feel at home. *(pause)*

You meet a family that will be moving in next week. *(pause)* They tell you they have been living in their car while they wait for the shelter to open. *(pause)* You try to imagine your family living in your car. Where does everyone sleep? *(pause)* What do you do with all your stuff? *(pause)*

As you head back to your house, you notice lots of yard signs that say, "No homeless here." *(pause)* You wonder why those neighbors are unhappy about the shelter. *(pause)* You see a few houses with "Welcome neighbors!" signs instead. *(pause)* You wonder why some people are happy about the new homes. *(pause)* How do you feel about the shelter? *(pause)*

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

Open your eyes when you are ready.