



## 4 HEALING MEDITATIONS INSPIRED BY BAND-AIDS

Marlene Shiple, Ph.D.  
THE LIFE COACH DR.  
(602) 266 – 6662  
<http://thelifecoachdr.com>



# 4 Healing Meditations Inspired by Band-Aids

It's nearly impossible to get through childhood without a few scraped knees and skinned elbows. Just like you apply a Band-Aid when you get an injury to your skin, you probably have defense mechanisms you use to deal with other kinds of discomfort.

Your meditation sessions can be an opportunity to explore these habits and find out whether they're working for or against you. Try these 4 ideas to help you get started.

## **Seek Temporary Cover**

A Band-Aid provides an effective short term solution. In fact, it's a myth that wounds heal faster when exposed to fresh air. You can throw away your bandage once you've healed.

1. Focus on one growing concern. Do you see trouble brewing ahead? Maybe you're making minimum payments on a credit card and the balance keeps growing.
2. Identify resources to solve it. You probably wound up in this situation because you lack the information or skills to fix things on your own. Figure out where you can find more knowledge and expertise. You may want to talk with a financial counselor.
3. Take a long term perspective. Consider the benefits of caring for your future self. Live in the moment, but save part of each paycheck.

## **Clean the Area First**

You need to wash away dirt and impurities before you break out the Band-Aid. Otherwise, you'll trap in contamination that will slow down the healing process.

1. Select one relationship. Choose your spouse or a co-worker. What do you like and dislike about the way you interact with them?
2. Come up with three actions. List a few things you can do immediately to strengthen your connection. Get home for dinner more often or share your binder clips when the supply cabinet runs out.
3. Go deeper. This will clear the simple obstacles out of the way. Now you can be patient and tackle tougher issues, like building up trust or appreciating people with values different than your own.

## **Have Fun**

You can enjoy life even when you're sporting a few bruises. Kids like to show off bandages decorated with farm animals and action heroes. As an adult, you can turn your missteps into entertaining stories.

1. Relive an embarrassing moment. Think about the time you knocked over a store display or spilled coffee on an important client. Ask yourself if you still feel angry or upset.
2. Emphasize the humorous aspects. Learn to laugh at your mistakes. Figure out what they can teach you and move on.
3. Share your story. Go one step further and let someone else in on the joke. Call your best friend or talk about it the next time you get together for coffee.

## **Pull It Off Quickly**

Mothers and scientists agree that tearing off a Band-Aid with one strong tug hurts less than dragging out the process. You spend less time pulling on sensitive skin.

1. Examine something you've been suppressing. You probably have at least one thing that you try to avoid thinking about. Is your car leaking fluid? Would buying a new transmission wipe out the money you put aside for your summer vacation?
2. Prepare to take rapid action. Face your worries head on. Call your auto mechanic today to get it checked out. Maybe you can adjust your budget to pay the bill. Perhaps you'll find out that it's something less serious.
3. Relish the feeling. Let the relief you feel after this experience motivate you to be more direct. Prompt action is usually the best remedy.

Bandages serve a purpose, but you can go beyond just covering up your injuries. Use your meditation sessions to mend old wounds and prevent future injuries, as well.



**Recommended Resources:**

**The Life Coach Dr. – Life Coaching can provide you with instruction and specialized guidance to improve the ease, quality, and effects of your meditation. Contact Today:**

***<http://thelifecoachdr.com>***

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