People Camp 2020 – Morning Meditations

Morning Meditation is a favorite activity for me at People Camp, sitting at the fire ring and gazing out at the lake. I invite you to join People Camp 2020 daily meditations from 7:30-7:50am, M-F. Find a quiet place to sit indoors or out. Use the meditation prompt or your own form of meditation. We'll sit together around the earth, connecting and strengthening each other as our energies intertwine. - Maria Musachio

*A text will be sent at 7:30 a.m. to those who sign up for this activity. Text “join PC meditation group” to Maria: 507-581-6647 to sign up!

WEEK ONE

Monday, August 17th
Embrace calm and ease. Find the calm at your inner core. Allow a feeling of ease to expand and fill your body with calm and inner peace.

Tuesday, August 18th
Happiness meditation: to be happy is to delight in what is. Follow the flow of happiness within and around you.

Wednesday, August 19th
Envelope yourself in health and wellbeing amidst the pandemic. One is able to create a healthful environment around oneself through focus and meditation.

Thursday, August 20th
Gratitude can prolong our lives. Open yourself up to all the goodness you experience within your everyday life.

Friday, August 21st
Experience deep centering. Physically relax your body starting with your head, face and neck. Slowly relax all the muscles in your body, first trunk, then limbs. Focus on your center and your truest self.
People Camp 2020 - Morning Meditations
WEEK TWO

Monday, August 24th
Letting go is the practice of releasing negative energy. Use this meditation to shift your mind away from negativity by letting go of residual energy leftover from past experiences.

Tuesday, August 25th
The practice of compassion radiates outward and into the universe. During this meditation follow the wave of a compassionate act to its furthest reaches. How far might its impact extend?

Wednesday, August 26th
Resilience is the ability to bend without breaking, to bounce back after adversity, Remember the profound sense of physical, emotional and spiritual groundedness that resilience provides.

Thursday, August 27th
We can access intuition in order to discover solutions to troubling aspects of our lives. Sit with the issue you most want to act upon and see what unique insight comes to you.

Friday, August 28th
Open your heart to the blessings in your life. Be aware and embrace those things that fill your heart with love and joy. Come away from this meditation with your heart open to what life offers.