



The Athena Wellness Podcast  
Episode 106 – Peace Within Meditation with Mary Meckley  
January 19, 2022

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**[00:00:05] Kathy Robinson:** Welcome to the *Athena Wellness Podcast*. The show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host Kathy Robinson, author, coach, and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

[music]

Hello and welcome to Episode 106. Thanks so much for joining me for the shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

Today I'm joined, once again, by meditation and yoga teacher Mary Meckley, who has created a special meditation for listeners of the *Athena Wellness Podcast* entitled *Peace Within*. I hope you enjoy the meditation.

**[00:01:00] Mary Meckley:** Relax into peace. Sit up straight, close your eyes gently, elevate them slightly to the point between your eyebrows. A spiritual eye to uplift your thoughts as you meditate. Begin to relax the different areas of your body,



noticing where you might hold on to any stress or tension and gently release it. Set an intention for how you'd like to feel during this stillness session.

[music]

Take a nice deep inhale through your nose. Draw your breath inward and upward to the point between your eyebrows, uplifting your thoughts and relax your whole face. Soften your jaw, relax your throat and your neck. Relax your shoulders. Feel your heart open up. Relax your arms and rest your hands in your lap with your palms upward to feel a little more receptive or downward to feel more grounded.

[music]

Relax your stomach feeling it soften. Relax your hips as you feel grounded where you're seated right now. Feel connected to your meditation space. Relax your thighs, soften your knees. Relax your calves, relax your feet. Beautiful. Scan your body and begin to notice where you hold any additional tension. Gently begin to release this tension. Breathe into these tense areas seeing if you can create space there.

[music]

**[00:04:56]** Begin to notice the rhythm and flow of your breath. As you inhale and exhale through your nose, begin to notice your mind and body relax. On your next inhale, mentally affirm *Peace Is* visualizing yourself in a place of peace. When it feels right, exhale through your nose and mentally affirm *Within Me*, releasing your



breath, releasing tension and toxins. Inhale *Peace Is* exhale *Within Me*. Continue with this breath and this affirmation, inhaling *Peace Is* visualizing yourself in a place of peace. Exhaling *Within Me*, releasing tension and toxins. *Peace is within me*. Sit in stillness for however long you feel comfortable doing so. You are so worth slowing down for.

[music]

**[00:08:11] [END OF AUDIO]**