

# Care for the Heart: Mindfulness, Guided Christian Meditation, Consciousness Examen

In the midst of the challenges brought about by the covid pandemic, and overloading of pressures coming from work, studies, family concerns, relationships and the like, the cry for mental health and over-all well-being resonates round and clear

Self-care has then been a catch word in almost all circles and spheres of engagement at this point in time. With the various aspects which self-care encompasses, a very significant domain that could be considered as its core is that of spiritual self-care.



## *Mindfulness meditation*

This method explore universal themes that helps us navigate life's ups and downs with wisdom and compassion.



## *Guided meditation*

This type of meditation is a process by which one or more participants meditate in response to the guidance provided by a trained teacher or practitioner, either in person, or via a written text, sound recording, video or audiovisual media comprising music or verbal instruction or a combination of both.



## *Christian meditation*

This is the process of deliberately focusing on specific thoughts (such as a Bible passage) and reflecting on their meaning in the context of the love of God. Christian meditation aims to heighten the personal relationship based on the love of God that marks Christian communion.



## *The Consciousness Examen*

This is the prayer of awareness that St. Ignatius of Loyola taught in his Spiritual Exercises, helps one notice God's presence in our daily lives

