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Meditation: Love and Light

Carolyn Nesbitt

Author's note At the beginning of many of her workshop training sessions, Satir delivered a meditation. She believed that meditation tapped into the deepest part of ourselves and gave us easy access to our resources.

When we experience fear or anger, we release adrenaline, also known as epinephrine. One way to remain calm is to regulate the production of adrenaline. Research now shows that meditation releases GABA, which is an adrenaline inhibitor (Siegel, 2007). In other words, biological research validates what Satir taught: a calm, peaceful, loving, deeply relaxed state of meditation slows down reactions of anger or fear. What a loving way to approach ourselves and the world!

I invite you to pull up two chairs, and read this aloud to a friend. Then switch. Or tape-record yourself so that you can listen to these heart-felt words more than once. As you read, allow yourself to pause and breathe.