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It can be easy to feel the need to be excelling in every area of our lives at all times – always building, always growing. But it's natural to have times of rest and repose, and sometimes it's okay to let things die. This month's meditation focuses on the different seasons of life, giving you space to accept and acknowledge whatever stage of life you find yourself in. It's based on a poetic passage from the Bible which begins, 'There's a season for everything ...' So, prepare yourself to relax and embrace the place you're in – wherever it may be.

You are listening to a meditation on the seasons of life.

It's based on part of the Bible that begins, 'There is a time for everything.'

You might want to close your eyes and relax your hands.

Take some deep breaths.

Keep breathing deeply.

'There is a time for everything,

and a season for every activity under the heavens:

a time to mourn and a time to dance,

a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.'

As there are many different seasons, relax in the knowledge that you don't have to do or be everything at once.

Let any sense of pressure go.

Think about where you've seen new life recently.

Take a moment to celebrate it.

Have you said goodbye to someone recently?

Take a moment to acknowledge this.

Are you about to embark upon something new?

Imagine yourself walking towards it.

Is there anything in your life that's coming to a close?

Imagine yourself walking away from it.

Are you in a time of weeping or laughing?

Give yourself permission to feel how you feel, without needing to rush away.

Call to mind any places there might be conflict in your life.