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### **Finding Peace with Changing Sexuality Meditation**

Begin by finding a comfortable seated position, resting your hands on your lap or knees. Gently close your eyes. Take a deep breath in through your nose and out through your mouth.

Breathe deeply at your own natural pace, focusing on the sensation of the breath moving in and out of your body. As thoughts arise, acknowledge them briefly, then return your attention to the breath.

Now bring your awareness to your body, noticing any tension or discomfort. Without judgment, breathe into areas holding tension, softening, and relaxing as you exhale.

See your body as it is in this moment, perfect just as it is.

Consider the incredible strength and resilience it took for your body to carry you through life until now. All the learning, loving, feeling, and living - your body made that possible. Thank your body for all it has given you.

See your younger self, once so determined to grow up. Imagine speaking gently to that eager child, saying you now understand life has peaks and valleys, and you are here to offer guidance. Say you see how beautifully that child has grown. Reassure them the wisdom of age will sustain them through all life brings. Tell them their light will never fade, though it may change form.

Envision your future self, weathered by life yet still glowing. Tell them though the body changes, the spirit remains strong. Say you will meet them there. Tell them you are proud of all they will weather and who they will become. Say you cannot wait to know them better.

Know that at every age, you deserve respect, intimacy, adventure, sensuality, and love.

Your sexuality may evolve, but pleasure is your birthright. You remain deserving of passion and connection, whatever form suits this chapter of life.

Bring compassion to any struggle to accept change. It takes time to shed old limits and heal old shame.

Breathe softly into unease about aging or desire. Remember, life unfolds just as it should. You need not control the river. Stay open and it will carry you.

Know that you are held by those who came before and will be again by those to come.  
You are never alone.

Trust that your changing form is a gateway, not an ending. It allows you to love and be loved in new ways.

Let your heart stay receptive through all seasons. Seek wisdom, grace, and intimacy. Speak your truth gently but stay true.

Breathe slowly and deeply. When you are ready, open your eyes, feeling calm, centered, and at peace.

## **Changing Sexuality Spiritual/Contemplative Meditation**

Begin by finding a comfortable seated position, resting your hands gently in your lap or on your knees. Gently close your eyes.

Take a deep breath in through your nose and out through your mouth. Breathe deeply at your own natural pace, focusing your awareness on the sensation of breath moving in and out of your body.

As thoughts arise, acknowledge them briefly, then return to the anchoring awareness of your breath.

Visualize your breath as light, breathing in Divine light, breathing out inner light. Feel the light circulation through your entire body with each breath.

Know you are connected to the source of this light, the sacred inner essence that flows through all living beings.

Feel your connection to the oneness of all, the unity beyond words that wells up from within.

Trust in the certainty of this eternal light that dwells inside. Knowing it illuminates every season of life with purpose and wisdom.

Let this light guide you to expressions of love, compassion, and kindness - for yourself and others.

See your sexuality in this light - a gift to be cherished, not feared.

Imagine your sexual energy as a river, ever-changing but always flowing from the same sacred source within.

As the river shifts course with age, trust it flows as it should. Embrace its changing currents, and surrender to the eternal source.

Know that each bend of the river offers new blessings and new ways to give and receive joy, pleasure, and connection.

Breathe slowly and deeply. When you are ready, open your eyes, feeling calm, centered, connected, and at peace.