



GUIDED GESTALT MEDITATION

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We all have unfinished business.

Experiences that didn't get a full ending, emotions that had to be paused, needs that weren't met at the time. These incomplete moments don't disappear - they often wait, quietly (or loudly!) for an opportunity to be noticed.

This guided meditation draws on a Gestalt understanding of unfinished business: that what remains incomplete in our awareness can continue to influence us in the present. Today, we're not aiming for resolution or closure. Instead, we're gently turning toward what may be there, allowing awareness to do its own work.

Move at your own pace, and remember that you are always in choice about how deeply you engage.

Guided Meditation: Noticing What's Unfinished

Beginning:

Take a moment to settle into a comfortable position.

Let your body be supported by whatever is beneath you.

There's nothing you need to do right now.

Simply allow yourself to arrive.

Take a slow breath in...and a longer breath out (repeat).

If it feels comfortable, you can gently close your eyes, or soften your gaze.

Middle:

Now, very lightly, bring something to mind that feels unresolved or incomplete.

Something that has some emotional charge, or something that tends to return.

Nothing extreme or overwhelming – just something you can hold gently in awareness

This could be a situation, a relationship, or a feeling..

If nothing comes to mind, that's okay.

Simply notice that experience instead.

Without analysing or telling the story, notice how this shows up right now.

Where do you feel it?

Is it a sensation, a feeling, an image, a pull, or a tightness?

Does it have a quality - heavy, restless, quiet, sharp?

There's no need to label it clearly.

Just stay with the experience itself.

Now, very gently, you might ask:

Was there something here that didn't get said?

Something that didn't get felt?

Something that didn't get acknowledged or supported?

You don't need an answer.

Just notice what comes - even if what comes is nothing at all.

For a moment, imagine simply making space for this unfinished piece.

You're not fixing it.

You're not completing it.

You're just allowing it to be noticed.

You might silently say:

“I see you.”

And notice what happens, if anything.

End:

Now begin to bring your attention back to the room.

Notice your body being supported.

Notice the sounds around you.

You might quietly reflect:

What changed, even slightly?

What stayed the same?

What do I notice now?

When you're ready, let your eyes open or your attention return - bringing this moment to a close.

Now take a moment to reconnect with your body.

You might stretch, shake, or move - allowing any remaining energy to settle.

If you have something to write with, you may want to jot down a few words about what you noticed: sensations, thoughts, or shifts, however small.

This is simply a way of letting the experience land.