



The Athena Wellness Podcast
Episode 140 – Dulcimeditation with Kevin Roth
July 6, 2022

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[00:00:05] Kathy Robinson: Welcome to The Athena Wellness Podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

[00:00:30] Kathy: Hello and welcome. Thanks so much for joining me for this shortened Wellness Wednesday episode, a little boost to help keep your Warrior Vibe high.

Today I'm joined, once again, by dulcimer player Kevin Roth, who shares a unique form of meditation he created called dulcimeditation.

In this episode, Kevin gives us a taste of what the dulcimeditation is all about. I've also included links to Kevin's website where you can learn more about his work and the dulcimeditation in the show notes.

And now onto the show. I hope you enjoy this beautiful meditation.

[music]



[00:01:18] Kevin Roth: So let's start with you in a relaxed position at your home. Of course, you don't want to be driving when you do this. And just close your eyes. I want you to take a couple breaths in, you're going to hold them and then release them at the count of four, and I'll guide you through it.

So inhale for the count of four, two, three, four, and hold it for four, two, three, four, and release it, two, three, four. Try it again. Inhale, two, three, four. Hold it, two, three, four, and release it, two, three, four. Let's do it one more time. Ready? Inhale, two, three, four. Hold, two, three, four. Release, two, three, four.

[00:02:53] And think about your heart and know that everything that you want, that you need, is there. There's no judgement. There's peace. It's a world within yourself that you create out of the love and the empathy and the joy that you have for yourself. And it's always there and it's always available.

I want you to think about a really joyful moment in your life. While I play the dulcimer, just ruminate in that memory. Recognize how wonderful that feels and know that all of the joy and all of the love is available to you. When you change the way that you look at things, the things you look at change.

This peace that you're feeling, this joy that you've experienced, as it is available to you now, it's always there. It's your true nature. Happiness is who you really are. You can take one last deep breath and slowly open your eyes and know that you are loved.

[00:06:12] [END OF AUDIO]