

# GUIDED MEDITATION

## *For Engaged Couples*

Now I want you to close your eyes and imagine yourselves on your wedding day in the Church where you're going to get married at the altar where you're going to exchange vows to one another.

This is the moment when it all comes together, when you give and receive one another, for better and for worse, for all that you have been and all that you will be in the future, giving and receiving. I'm going to walk you through a few things.

First, let's look at back to the past, what you are bringing to the altar for one another. I want you to think back: guys, you're going to be giving this, and you brides, receiving it. Think of your proudest moment, your greatest accomplishment, the moments that you glow to think about; and you brides, receiving that, proud of him, happy with this man.

You bring to her your whole body, your masculine identity; and you women, receiving that. You bring to her all of your personality traits, good and bad.

You bring to her your social background. You bring to her the family members that you're proud of; you brides, receiving. You bring to her family members you're not so proud of, the jerks.

And you bring to her also your most humiliating moment or moments, the decisions that, looking back on, you regret the most; and you brides, receiving, forgiving.

You bring to her your physical flaws, your scars.

Now you brides, you give now your past; you grooms, receiving that. You bring to him your proudest moment, your greatest accomplishments; you guys receiving that, all of that forming this person before you.

You bring to him your femininity, your beauty, your personality, all the quirk, all the good thing; you guys, receiving that.

You bring to him your social background, your family members that you're proud of, the ones you're embarrassed about; you guys, receiving her and all that connects her with her family.

You bring him also your most humiliating moment, the decisions that you regret the most; and you guys, receiving that, receiving her for all that she is.

You bring to him your physical flaws, your shortcomings; you guys, receiving her for all she is and all she isn't.

And now you look forward to all the years of married life, for better and for worse, sickness and health, better and worse.

You bring to her, guys, all of the wealth that you'll generate in all the years that lie ahead, all of your creativity, your affection, words of kindness; and you brides, receiving that.

You bring to her your fertility, you bring to her your genetic contribution to any children you might have. You bring to her your gracefully aging body.

You bring her the worst, too. You bring her the words you're going to say that you're going to regret later; and you brides, receiving those words, forgiving those words. You bring her the times that you're going to let her down. You bring her your job loss, your public humiliation; and you brides, staying with him in those moments.

You bring her your hair loss, your pot belly; don't you let go of that hand!

You bring her your MS. You bring her your wheelchair; and you brides, holding on.

And now you guys, receiving your brides. You brides bring to him all of the wealth and creativity that you'll generate, your words of kindness, affection; and you guys, receiving that.

You bring to him your stretch marks, you bring to him your menopause; again, don't let go of those hands, guys!

You bring to him your Alzheimer's. I want you to ponder that, guys, holding the hand of someone who doesn't even know who you are anymore. But you know who she is. She's your bride.

Now keep your eyes closed and imagine that at the altar when you exchange those vows, you are agreeing to give and to take each other until death parts you. This means that hopefully after many, many decades, one of you will die in the arms of the other.

Steve Patton