

Mindfulness Meditation 24:

Serpentine Wisdom, Dove-like Gentleness



Hey there, Faithgineer,

Welcome to a Mindfulness Meditation.

Reflecting on Matthew 10:16, which tells us to “Be wise as serpents and gentle as doves,” let’s together embrace the balance of wisdom and compassion in our daily lives and business interactions.

I invite you to now join me in this Mindfulness Meditation, as we visualize deepening our connection with Holy Spirit, being guided to embody wisdom, gentleness, and a philosophy of ‘do no harm’ in our professional and personal lives.

[Click here to listen to the meditation audio.](#)

Let’s get started

Find your peaceful meditation spot and bring along your Bible, a favorite pen, and your #FaithFocusFlow notebook so you can write down divine insights as revealed to you by Holy Spirit.

Now, let’s take a few deep, intentional breaths

Breathe in, the sensation of feeling guided by Holy Spirit;

Breathe out, feelings of impulsiveness and confusion.

Let’s now move to visualize walking through your day living the practices of being wise and compassionate in key focus areas as we go about our day.

Divine Guidance

See yourself having a profound connection with Holy Spirit, feeling God’s presence in every decision. Take a moment to sit with this visualization.

Wise and Gentle Interactions

Now, imagine yourself interacting with your clients, customers, staff, vendors, supervisors, managers - everyone you interact with in business or the marketplace - responding to each person with thoughtfulness, balancing firmness with kindness in every interaction. Take a moment to see yourself this way and visualize receiving the same energy in return.

Do No Harm Approach

Picture yourself conducting business with the intent to do no harm. See yourself handling difficult conversations, decisions, and actions in ways that add value, even when delivering unfavorable outcomes. Take a moment to sit with this imagery and process any emotions that come up for you.

Strategic and Compassionate Decisions

I invite you to now picture yourself moving through your day making decisions that are (i) wise for your interests and (ii) as compassionate you can be to others, being helpful even in challenging circumstances.

Self-Management and Self-Control

Imagine yourself as a self-managed person who moves about the world with grace, joy, and intention - strategizing actions and reactions with purpose and empathy.

Legacy of Growth

And now, visualize what it means for you to leave a legacy of personal and professional growth, marked by wise and gentle interactions in business and the marketplace that respect and uplift others - transforming every environment in a way that makes the earth more like it is in heaven.

As we wind down this Mindfulness Meditation, carry with you the essence of serpentine wisdom and dove-like gentleness in the ways you have visualized how this looks in your life and business.

Let this balanced approach guide your decisions and actions, showcasing spiritual maturity in your walk with God through business and the marketplace.

May your journey through the marketplaces be enriched with the wisdom to discern what is best for you and the gentleness to behave in a way that honors God and uplifts those around you.

Amen.