

I Am....Week 1 meditation

I am meditation:

I want you to find a comfortable place to sit, lay down or you can be out in nature walking, sitting or standing. Be in a position that is comfortable for you, away from other distractions.

I want you to start by taking a few deep breaths, in through your nose and out through your mouth. Feel the breath moving in through your throat, down your chest, past your heart, down to your abs and back out. Take a few breaths like this just noticing the air coming in and out.

Now I want you to imagine a warm, brilliant, loving light is coming is coming from heaven through the top of your head. It is shining in through the top of your head, illuminating your head and starts to move down your body, through your throat, chest and into your heart.

While you are moving this light down your body take the time necessary to insure the light is penetrating each area. Some areas may take longer to bring light to, so sit with it until the light illuminates the area.

Let this loving light enter into your abs, filling up your stomach, down through your lower abs, into your organs, above your hips, into your glutes and thighs. Now let this light fill up both legs, down to your feet.

Once you see your body, every inch filled with this beautiful, loving light, I want you to repeat after me. You can repeat these out loud, which I recommend or simply relax as I talk.

Each affirmation is true, even if it may not seem true right now. Let's begin the affirmations:

I am okay the way I am.

I am thankful for my body.

I am thankful for hands to touch, feet to walk, mouth to speak kind words, my heart to feel love, my eyes to see the beauty around me, my smile to give out love and my mind to think.

I am a loving person.

I am deserving of love.

I am sending love to my body.

I am thankful and accept my body the way it is today and will be tomorrow.

I am thankful for my long lean legs.

I am thankful for my tight, strong sexy abs.

I am thankful for my lifted, tight glutes.

I am thankful I can walk with confidence and love the body I live in.

I am thankful I have the right tools to sculpt a beautiful sexy body.

I am thankful I am learning to love me for me, unconditionally.

I am love.

I am free of judging my body.

I am loving my body, my mind and my heart.

Now take a deep breath in through the space between your eyes and send the breath down your throat, into your heart and exhale out through your heart. As you inhale imagine unconditional love coming in and filling you up.

As you exhale out through your heart imagine you are letting go of all judgement. Judgement for yourself and judgement of others.

Repeat this breath three times.

Inhaling, imagining unconditional love coming in and filling you up and as you exhale out through your heart imagine you are letting go of all judgement. Judgement for yourself and judgement of others.

It is done.

Thank you, God, Source, Universe for coming to my aid and making these affirmations come true.

