

Relaxing Powerful Shift Meditation

<http://danettemay.com/relaxing-self-love-meditation/>

Today is a new day.

Today is a powerful day and the day you get to release all your limitations.

You can create the life you desire in body, heart, mind and spirit.

You already have the tools within you. These tools are your thoughts and your beliefs.

Sitting, standing, or laying down in a space you are comfortable and free of any distractions or people, I want you to take a few breaths in through your nose and out through your mouth.

As you take these deep breaths, just notice the air coming in through your nose, filling up your belly, and then feel it as it exhales out through your mouth, releasing every ounce of your air out of your belly.

As I mention a body part, I want you to breathe in love to that body part and exhale out any judgment or tension so that area of your body is completely relaxed.

Take a deep breath in.

Let's start with your left arm. Breathe in love to the left arm and exhale out any tension. You can use deep breaths and make noise as you exhale anything that doesn't serve you in that area. Move that breath to your left hand, breathing in and out as it relaxes deeper.

Now breathe in love to your neck and exhale any tension so the front and the back of the neck are relaxed. Move the next breath to your head, repeating the breath and visualizing all tension and judgment leaving with the exhale.

Move to your right arm and hand. Breathe in love to your chest and exhale while relaxing deeper. Breathe in love to your abs and exhale all fear and doubt. Breathe in love to your female organs and exhale out any judgment and let it relax.

Breathe into your left leg, down your knee, into your calf and foot, exhaling and allowing it to relax.

Breathe into your right leg, down your knee, into your calf and foot. And exhale out.

Now that your body is completely relaxed and full of love, I want you to repeat after me these powerful affirmations.

Some may feel true, others may not, but know that with each meditation you'll be shifting your subconscious mind and making each one of these affirmations true in your life.

We will begin:

I am lovable because I exist.

I feel good about myself.

I feel good about my life.

I release the need for self-criticism.

I speak up for myself.

I am comfortable with my power.

It is easy for me to stand up for myself.

I am loved.

I am in control of my life.

I radiate self-respect.

I am respected by others.

I give myself love.

I have wonderful, loving relationships.

I experience love wherever I go.

I am safe.

I am the treasure I have been seeking.

Now slowly take your hands to your heart and give gratitude to God, Source, Universe for making it true and for giving you this gift of unconditional love.

One last deep breath in, slowly exhale and slowly open your eyes.

