

Standing In Your Truth Meditation - Week 4-Days 22 & 23

<http://danettemay.com/meditations-week-4/>

You have started truly loving the body you live in.

You are understanding that this body you are living in is just a tool for you to become your higher self.

This body of yours is a gift.

You are discovering you are safe to be you and can give yourself unconditional love. With that love, you freely give yourself, you are seeing how everything in your life can change for the greater good.

With this thought, I invite you to close your eyes. Give yourself permission to relax your body and pour unconditional love and light into every crevice of your being.

With eyes closed and your palms up, and the first two fingers touching your thumb in a cupping position. Take your breath, and breathe in through that space between your eyes. And as you breath in through that space, I want you to imagine and see the breath filling up the back of your head, then it passes down your throat. It passes down through your heart, down your arms into the palms of your hands.

As your breath enters your palms, go ahead and exhale. Use an audible breath if you would like, relaxing any tension you are holding onto, and release it out through the cups of your hands.

Repeat this breath three times, breathing in between your eyes, down through your throat, passing your heart, down your arms into the palms of your hands. And as your breath enters your palms go ahead and exhale, releasing any tension.

Repeat this breath two more times.

When you breathe in, imagine a bright yellow almost red light coming in through the space between your eyes, filling up your head behind your eyes, in the back of your head, as it starts to move down your throat. Imagine this bright yellow, almost red light, melting into your chest, around your shoulders, down your arms, and down into your abdomen. Let this yellow light follow below your belly button, and into your pelvis.

Take your time until every area is full of this light. Then let it travel down your legs, past your knees, filling up your calves and spilling over into your feet. And as this light fills up your feet, feel yourself becoming rooted to the ground you are on.

As you breathe through the space between your eyes, start to see yourself doing the very things you love. In your mind's eye, I want you to see yourself moving, walking with confidence, doing that very thing that you love to do if money is not an issue. What is it that you would share with the world?

Take a minute to breath through your mind's eye, between your eyes. Take a minute to see, to feel yourself doing that very thing that brings you the most joy. Once you've seen it through your mind's eye, I want you to take that image and bring it down past your throat, down into chest, into your heart, down your arms and into your palms. And as you go to exhale out through the palms of your hands, I want you to imagine that you send that image out into the world, trusting that God, Source and Universe have your image.

As you continue to breathe, breathing in through that space between your eyes, channeling it own into the palms of your hand, I want you to see every detail. What are you wearing? What are you feeling? What exactly are you doing and who is there? How does your body feel?

Now take a minute and feel your confidence in your body. See the confidence in your sexy, long, lean, beautiful, energized and completely capable body. With each vivid detail, keep sending that image down past your throat, down through your heart, down your arms, and out through the palms, for God, Source, Universe to catch.

With this beautiful image in your mind, and now in the palm of your hands, repeat after me:

I am doing my best and I trust the rest will be given to me.

I am doing my best and I trust the rest will be given to me.

I am doing my best and I trust the rest will be given to me.

It is done.

You are blessed. The universe has heard your call.

With one last deep breath in, exhaling it out, slowly open your eyes and place your hands to your heart and say . . .

Thank you, thank you, thank you.

