### Strong Body and Mind Meditation

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

You get to create the life and body that you want.

You get to decide how the day is going to go.

You decide your emotions.

The choices you are making for the greater good for you and others, are all up to you.

For this meditation you can lay down, sit up, or be walking in nature. The key is to be able to be free of any disturbing distractions.

Now I want you to take a few deep breaths, in through your nose, down your throat, into your heart and then exhale out through your hands.

Follow your breath. Feel it entering in through your nose, going down your throat, down to your abs and coming out through your hands. And with each one of these deep breaths, I want you to feel your body getting relaxed deeper and deeper.

I want you to see yourself as if you were watching a movie. See yourself lying in bed ready to get up. The sun is coming up and you are ready to start your day. As you are laying there, you get to decide how your day is going to go. Are you going to wake up tired, happy, energetic, passionate? Or upset? Pick a desired emotion you want to have as you get up.

Watch yourself as you head into to the kitchen and start your day by making a warm lemon water. See yourself drinking it first thing in the morning, giving yourself a nice cleansing drink. See yourself relaxed and confident that all is well.

If you like to read a little or stretch, see yourself taking a few minutes to do either one of these to start your day, giving back to your mind and your body.

I want you to see yourself choosing your breakfast. See yourself going to the fridge and choosing something that tastes good to you from the meal plan, and preparing it. If it is yogurt, see yourself opening up the container, filling it with fresh fruits and nuts and eating it, knowing and appreciating that you are giving your body the best.

You are starting it off with nourishing, loving foods. Whatever you choose for breakfast, walk yourself through preparing it and eating it with an understanding in bliss, knowing that you chose something good for your mind, body, and spirit.

Now, I want you to see yourself making time for your workout, wherever you like to do it, and whenever, morning, afternoon, or evening. See yourself bypassing the TV or other distractions in your life to choose this powerful, healing movement.

See yourself pulling up your computer or putting in your favorite song and starting your workout. You can feel how your body at the beginning may resist wanting to workout. You usually feel tired or heavy to work out, but despite those feelings, you still turn it on and you start warming up.

With each minute of the warm-up, you start to feel lighter. You start to feel even more energized and you know in your heart, you made a good choice. A choice that will set you free. Watch yourself working hard through the movement, persevering and giving your all.

Watch yourself finish the exercise and then doing a light stretch as you get ready to do the most important thing for your health, your meditation. Watch yourself turning on the audio or reading through the words, and following along with your new revitalized, worked out body. As you complete your workout and your meditation, notice how good your body feels. So clean, so refreshed, so alive.

Now, see yourself in the afternoon. You are either at work or at home. You are feeling like something sweet, so instead of reaching for the vending machine or the cookie somebody brought in to work, you grab one of your chocolate chip cookie dough balls and enjoy each smooth, sweet bite, feeling full, edified, without any guilt or sugar hangover.

See yourself preparing dinner, preparing protein and some veggies. Watch yourself eat it and appreciate that you chose such a healthy choice. See yourself appreciating and feel that appreciation that your body feels for all the foods for the day that you made. You feel so full. You feel so energized. You made choices with food that are giving your body and mind to love it deserves.

As you crawl back in bed, run your hands over your body, giving it love for taking you to all the places you went today, for housing your beautiful spirit, for loving you and serving you. Understand that it is thanking you back for giving it love through healing movement, food and thoughts.

Now, I want you to return your attention onto your breath. Let it fill up through your nose, out through your heart and your mouth. With each breath, you're breathing in love and exhaling out even greater love and strength for the world. Take two more deep breaths, breathing in love and exhaling out even greater love and strength for the world.

Now, go ahead and bring your attention and your awareness to your current surroundings. Notice everything around you as they are in this moment.