

Week 2

I am meditation:

Find a comfortable place to sit, lay down or walk in nature quietly for the next few minutes.

Just find a position that is comfortable and in a place where there are no distractions.

I want you to start by taking a few deep breaths, in through your nose and out through your mouth. Feel your breath moving in through your nostrils, down your throat, past your heart, and down to your stomach. And then notice your breath as you slowly exhale. Take a few breaths like this and just notice your chest moving as you breathe, and feel the air as it moves through your throat.

Now I want you to imagine a warm, soft white light coming from the sky above and through the top of your head.

See this light shining in through the top of your head, illuminating your head. See the light slowly move down your body, to your chest and into your heart.

While you are moving this light down, feel the light fill each area of your body. Like a warm, golden, liquid light filling up your body.

Let this loving light enter into your abdomen, filling up your stomach, down through your lower abs, into your organs, into your hips and thighs. Now let this light fill up both legs, down to your feet, and all the way to your toes. Feel this light throughout your entire body.

Once you see and feel your body filled with this beautiful, loving light, I want you to repeat after me. You can repeat these affirmations out loud, or to yourself.

Know that you create your own reality. And know that each affirmation you're about to repeat is fact, even if it may not seem true right now. Now repeat after me:

I am thankful for my body

I am thankful for my hands to touch

My feet to walk

my eyes to see the beauty around me

my heart that feels love

I am deserving of love

I love my body

I am thankful for my strong and healthy body

I am thankful for my tight, strong abs

I am thankful for my lean, strong muscles

I am thankful for walking in confidence and loving the body I live in

I am thankful for loving me unconditionally

I am lean, muscular and full of energy

I love my body, my mind and my heart

I am love

Now take a deep breath in through your third eye...the point on your forehead between your eyes and send the breath down your throat, into your heart. And then slowly exhale.

As you inhale imagine a soft, loving light coming into your heart.

As you exhale, imagine you are letting go of all fear, doubt and judgment. You can imagine this coming out as darker light if you wish leaving your body.

Repeat this breathing three times.

And now feel an overwhelming sense of gratitude for creating the body and life that you desire.

Know in your heart that these affirmations are true.

When you're ready you may slowly open your eyes.