

Week 3

Loving affirmations meditation

Today is a new day.

Today is a powerful day, and the day you get to release all your judgment for yourself and others.

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.

Close your eyes and feel life-giving air and love fill up your lungs. As you breathe in through your nose, feel the breath going into your lungs, down to your belly and back up through your throat and out your nostrils.

Breathe a few times like this, just noticing your breath, feeling it. Breathing in and breathing out.

I want you to see a beautiful, white-yellow light like the sun. Feel it coming in through your heart, filling up the space around your heart. See this bright light and warmth moving up your chest, into your throat, then filling up your head. See this beautiful, radiant light as it now moves back down to your throat, through your chest, past your heart, into your belly, down past your navel, into your hips. Sit with it for a while until your entire body is filled with this radiant, warm light. Let it move down your legs to the bottom of your feet.

Now I want you to think of someone you love dearly, someone who means the world to you. See them in your mind. Feel the love that you have for them. All the little things that they do that are so endearing, kind and wonderful and the joy they bring to life. Bring that image to your heart. Send them all the love you can from your heart. See yourself giving them Love from your heart to theirs.

Now I want you to see you in your mind. Look at yourself in your mind as if you were watching a movie of yourself. See your arms, your hair, your face. Now I want you to send the same love to your heart. Send it without judgment. See yourself and keep sending that beautiful warm love. Send your hair, your arms, your legs, your loving strong hands and feet, unconditional love. Take that image of you to your heart and let it sit in the beautiful, radiant yellow light of love.

Now repeat these words either out loud or in your mind:

I am loving me.
I am loving my body.
I am thankful for me being me.
I love me.

With one last inhale, feel the nourishing loving breath enter your heart, down through your abs and send out all the love you are feeling back up to your lungs out your throat and into the world.

When you're ready you may open your eyes.