

## Standing in your truth meditation

### 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 vehicle 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. You are seeing how everything in your life can change for the greater good.

Your body, your mind, your outlook on life and the way you show up and play in the world.

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 part of your being.

With eyes closed and your palms up, and the first two fingers touching your thumb in a cupping position, start breathing in through your third eye, the point right between your eyes, down through your throat, passing your heart, down your arms into the palms of your hands.

As your breath enters your palms, go ahead and exhale. Using an audible breath if you would like, relaxing any tension you are holding onto. Now repeat this breath three times, breathing in through your third eye, 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.

Now when you breathe in, imagine a bright yellow almost red light coming in through your third eye, 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, down your chest, to 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.

Now feel this light go down your legs, into your feet, as you feel yourself becoming rooted to the ground.

As you breathe through your third eye, start to see yourself doing the very things you love. What is it that you would love to do if money was not an issue? What would you share with the world?

See yourself with your confident body and mind doing the very thing that brings you joy. See that image and bring it down to your heart and into your palms, as you exhale, imagine sending that image out into the world, trusting the universe that it will be done.

As you continue to breathe, breathing in through that third eye, channeling it 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. Feel the confidence in your lean, muscular, healthy and energized body. With each vivid detail, keep sending that image down through your heart and out through the palms, for the universe to create.

With this beautiful image in your mind, repeat after me out loud or to yourself:

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.

Now place your hands to your heart and feel deep gratitude as you say . . .

Thank you, thank you thank you.

When you're ready you may open your eyes.