



# Manifestation Meditation

## MANIFEST YOUR DREAMS AND ACCOMPLISH YOUR GOALS!

Begin by sitting, either on a stool or a cushion or a chair. If sitting on a chair coming away from the back of the chair so your spine is erect and self-supporting.

Your feet are flat on the floor. Your back, neck and head are in-line, erect but not stiff.

Shoulders dropped and relaxed so that your posture embodies a sense of dignity, of being awake.

Letting your eyes close if that feels comfortable for you or lowering your gaze.

Coming now to focus on your breathing.

Notice the sensation of each inhale and exhale.

Becoming aware of the air as it enters through your nostrils, down into your lungs and feeling the stomach expand as it fills with air.

On the out-breath feel your stomach contract as the air moves out and up through the body and out of your nostrils or mouth.

Breathing deeply and slowly now. In through the nose and out through the mouth (PAUSE).

Now consciously relax your entire body.

Each breath relaxing your body, body part by body part.

Breathing in a relaxing energy and breathing out any tension (PAUSE).

Observe each breath in the moment right now.

Noticing all the sensations of breathing with an alert and gentle mind.

Now from a place of deep relaxation allow your mind to focus on a desire or goal you want to manifest into reality.

What would your life look like if this desire or goal were already achieved?

Imagine how you would feel?

What would it feel like if it happened right now, in the present moment?

What do you see? Where are you? Who are you with? What does it smell or taste like?

Stay with this vision for a while (PAUSE).

If your mind wanders or if negative thoughts pop up, acknowledge them and gently bring your attention back to your desire or goal.

Using your breath as your anchor.

When you are ready on an in-breath allow yourself to be filled with gratitude for the desire or goal that is making its way into your life right now.

With each in-breath you feel thankful. With each out-breath you feel gratitude (PAUSE).

Remember you can accomplish anything you set your mind to.

When you are ready open your eyes and take in the room.

