

10 Minute Meditation

___/___/___

Prepare your space for meditation. Remove distractions and/or play some meditation music or calm nature sounds in the background. Set a timer if needed.



Find a comfortable position, close your eyes, and take a few deep breaths to relax. Imagine a warm and radiant light at your heart center, slowly expanding to surround your entire body. Feel the gentle warmth spreading, soothing any tension or discomfort in your body from the inside outward. Stay present in this moment, embracing the comforting light, and notice your muscles relaxing, and warming. Use your breath as an anchor to the present as you did in the first meditation, letting go of distractions. Express gratitude for this peaceful moment. As you reach the end of your meditation slowly open your eyes, take a few more breaths, and return to your day, carrying the warmth and light with you.

Specific challenges or stressors in my life that I'd like to address with mindfulness and presence?

What practical steps can I take to stay more present?

How am I feeling after the meditation?



What intentions or goals can I set for myself moving forward?

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The Colored Soul
coloryoursoulwhole@gmail.com
www.thecoloredsoul.com

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