



PAUSE. BREATHE IN. FULLY EXHALE.

FIRST THINGS FIRST...

**If you finished this with "I'm the realest," you're on your way to enlightenment :)*

Spotify Playlists:

(Without Bells)

<https://open.spotify.com/playlist/1TsFlhLhjzblreWqKz0zpN?si=c2e4649e125c4a1b>

(With Bells Between Songs)

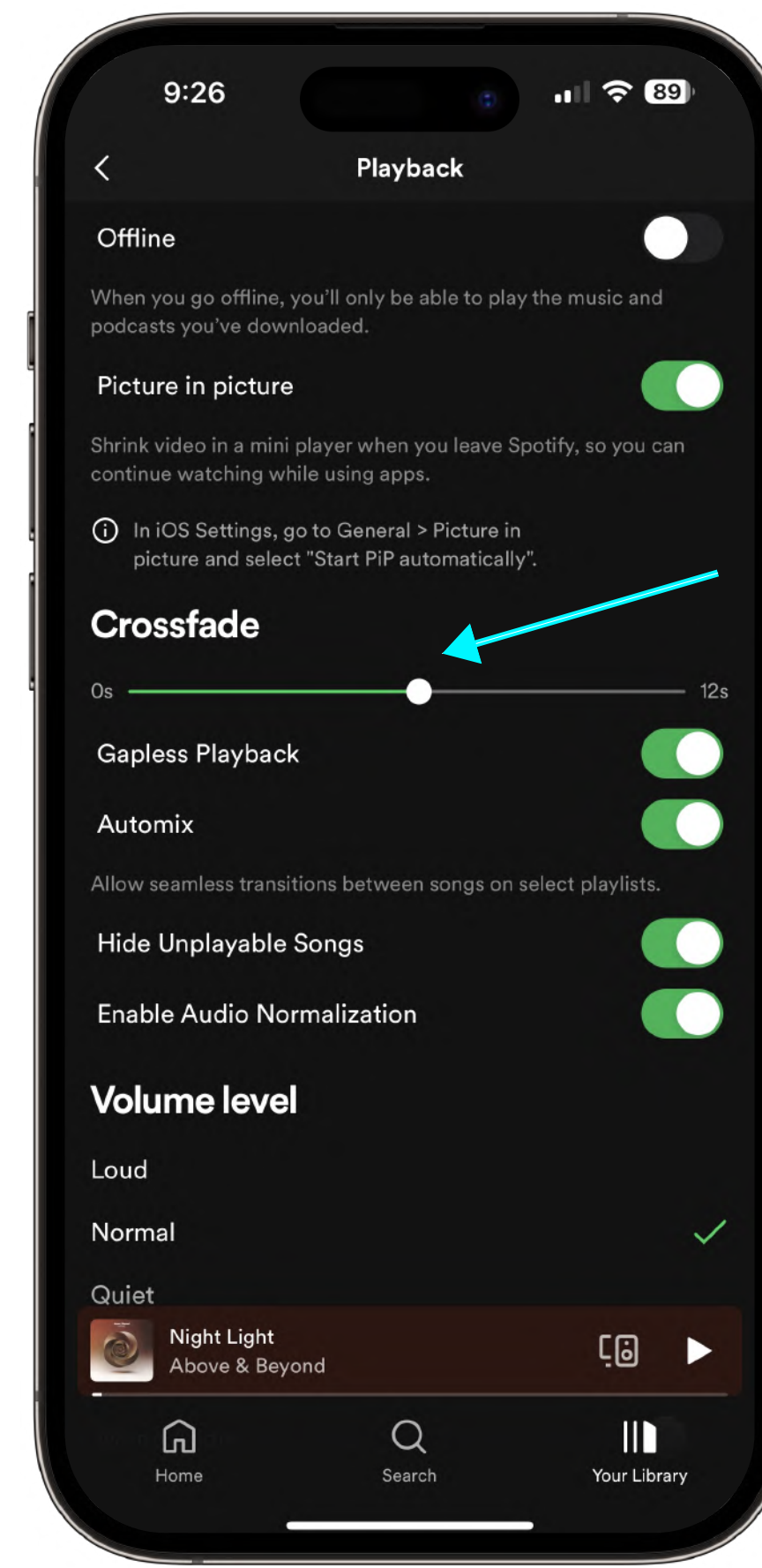
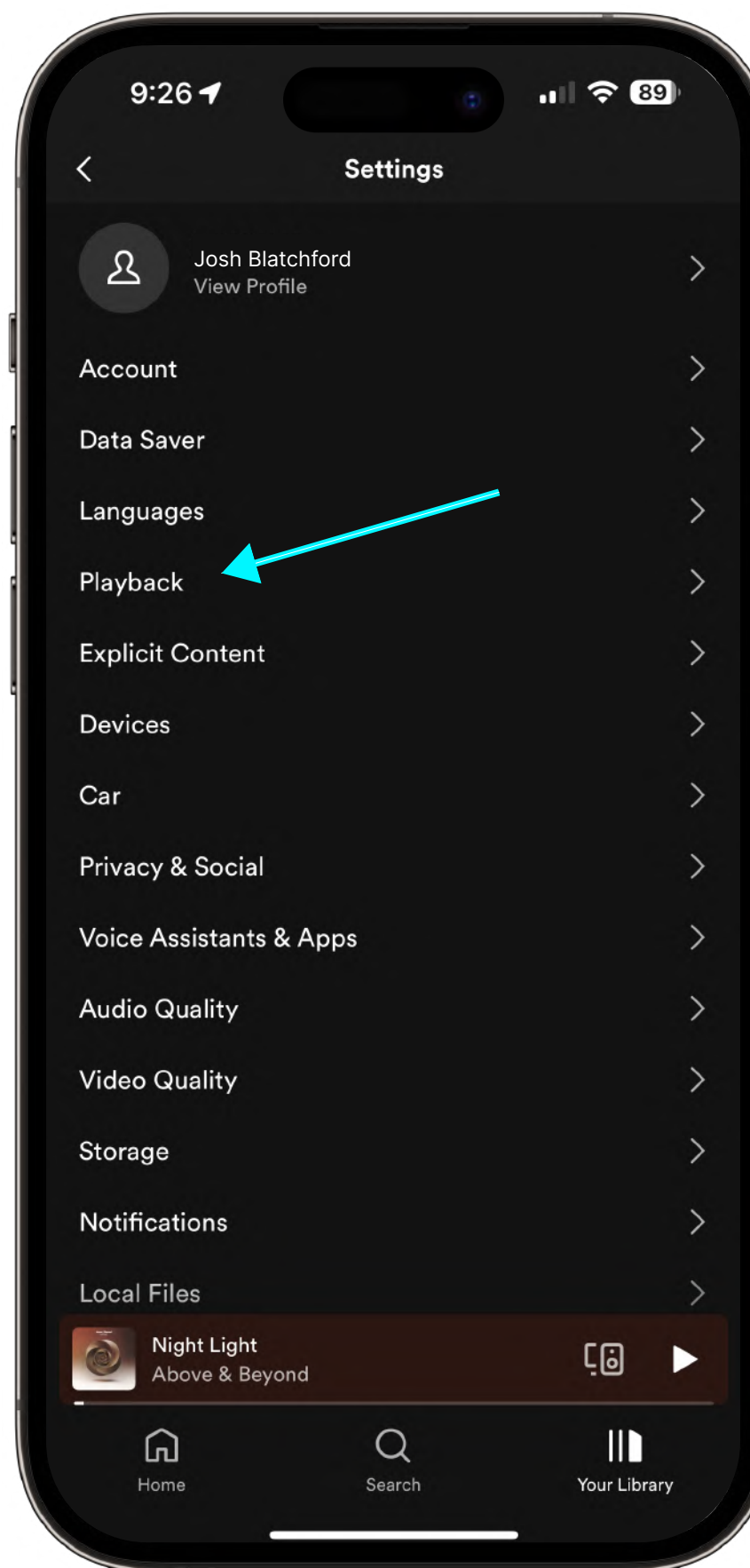
<https://open.spotify.com/playlist/2tI0hfr1p3YkVybsZUKUXj?si=a73d8d9f39f24964>

Spotify Settings:

I've intentionally curated these songs based on the hertz and transition of each song. In order to fully experience, please adjust your Spotify settings.

Go to profile settings > Playback > Crossfade

- Adjust crossfade to 6 seconds
- Turn on Gapless Playback
- Turn on Automix



MY JOURNEY

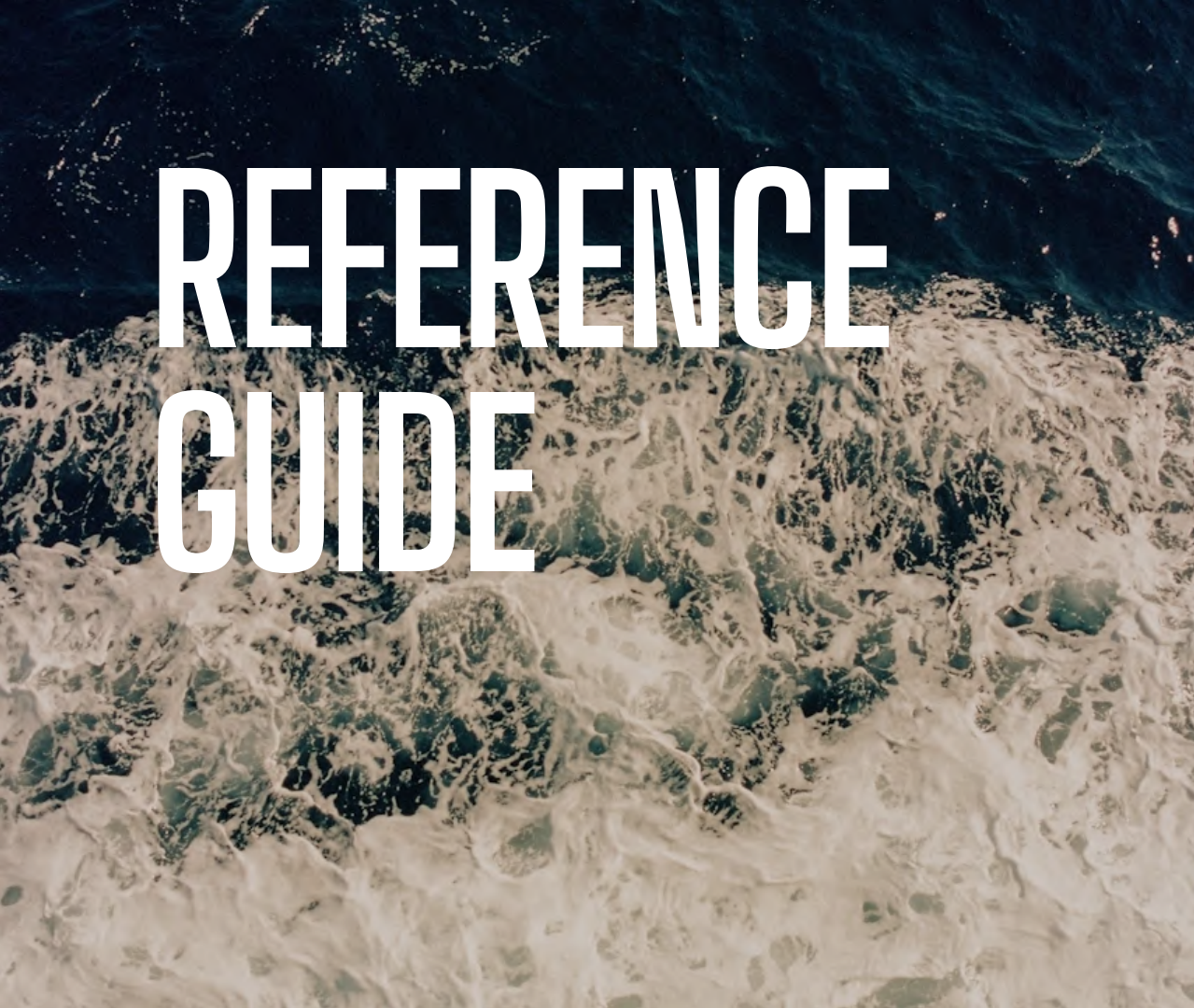
I was chronically sick for 6 years, at times even bedridden. Those years were filled with challenges, pain, and uncertainty. But amidst the darkness, I found a beacon of light in mindfulness. Grounding myself in mindfulness wasn't just a coping mechanism; it became a transformative practice that allowed me to connect with my inner strength.

By designing this intentional approach to my meditations, I discovered parts of myself I hadn't known before. I built mental strength I didn't even know existed. I learned to visualize my healing, manifest my desires, and embrace the energy that always surrounds us.

This guided meditation and visualization is a gift from my journey to yours. It's more than just a set of instructions; it's a pathway to joy, empowerment, and a sense of calm. It's a tool that helped me heal, and I hope it can do the same for you.

Whether you're seeking healing, growth, or simply a moment of peace, I invite you to join me on this journey. Let the music guide you, let the words resonate with you, and let yourself be transformed.

I hope this brings you joy, empowerment, and a sense of calm.



REFERENCE GUIDE

01 Night Light
Above & Beyond

Preparing the Mind

- Invite Guidance
- Breathe Deeply

02 Don't Leave
Above & Beyond

Embracing Gratitude

- Express Gratitude
- Manifest Desires

03 Slow Buchla Sunshine
Above & Beyond

Establishing Identity

- Affirm Your Identity
- Understand Who You Are

04 Supernova
Adrian Coly

Releasing Negativity

- Release Negative Energy
- Absorb Positive Energy

05 Noctis
Rosa Lovstrom

Solidifying Meditation

- Create a Mantra
- Embrace Manifestation

SONG 1: PREPARING THE MIND

Objective: Prepare your mind for the meditation journey.

Instructions:

Begin by inviting your Spirit Guides, Divine Source, God, Mother Earth, or anything else you identify with into the space. Feel their presence as you take 10 deep breaths, exhaling and inhaling without a pause in-between. You may feel tingles with the increase in oxygen. I usually feel it in my lips first. Adapt as needed to your comfort level. This preparation phase is crucial to open your mind and body for the journey ahead.

Once you're finished breathing, just sit and wait until the song is over. Focus on relaxing every muscle in your body starting in your face and ending at your toes.

Allow thoughts to come and go, but don't identify them as good or bad. Allow them to just exist. Don't fight them, but be curious about each one.



SONG 2: EMBRACING GRATITUDE

Objective: Cultivate a sense of gratitude and manifest your desires.

Instructions:

This song is a time to reflect on what you're grateful for. Repeat statements like "I am grateful for..." Be grateful for things you want but don't have yet, too. Embrace the feeling of gratitude, allowing it to fill your heart and soul. This practice helps you connect with your desires and manifest them into reality. If you don't fully feel it yet, that's ok! Over time, you'll begin to align with each frequency that is meant for you.

Examples:

I am grateful for my intuition.

I am grateful for my body's communication.

I am grateful for the positive energy around me.

I am grateful for inner peace.



SONG 3: ESTABLISHING IDENTITY

Objective: Understand who you are now and who you want to become.

Instructions:

This is about self-affirmation. Use statements like "I am...", "I am worthy of...", "I am attracting...". Feel each statement resonate within you, establishing your identity and aligning with your future self.

Embrace the emotion of each affirmation. For the ones that aren't in your now, imagine what it will feel like once it is in your reality.

Examples:

I am a great partner.

I am a great parent.

I am worthy of all abundance I attract.

I am worthy of full healing.

I am attracting all of my desires.

I am attracting authentic love.



SONG 4: RELEASING NEGATIVITY

Objective: Release negativity and embrace positive energy.

Instructions:

Visualize a ring, like a hula hoop, scanning your body from head to toe. Imagine it pulling out any negative energy, being specific about what you want to release. As the ring reaches your feet, visualize it locking into place on the ground.

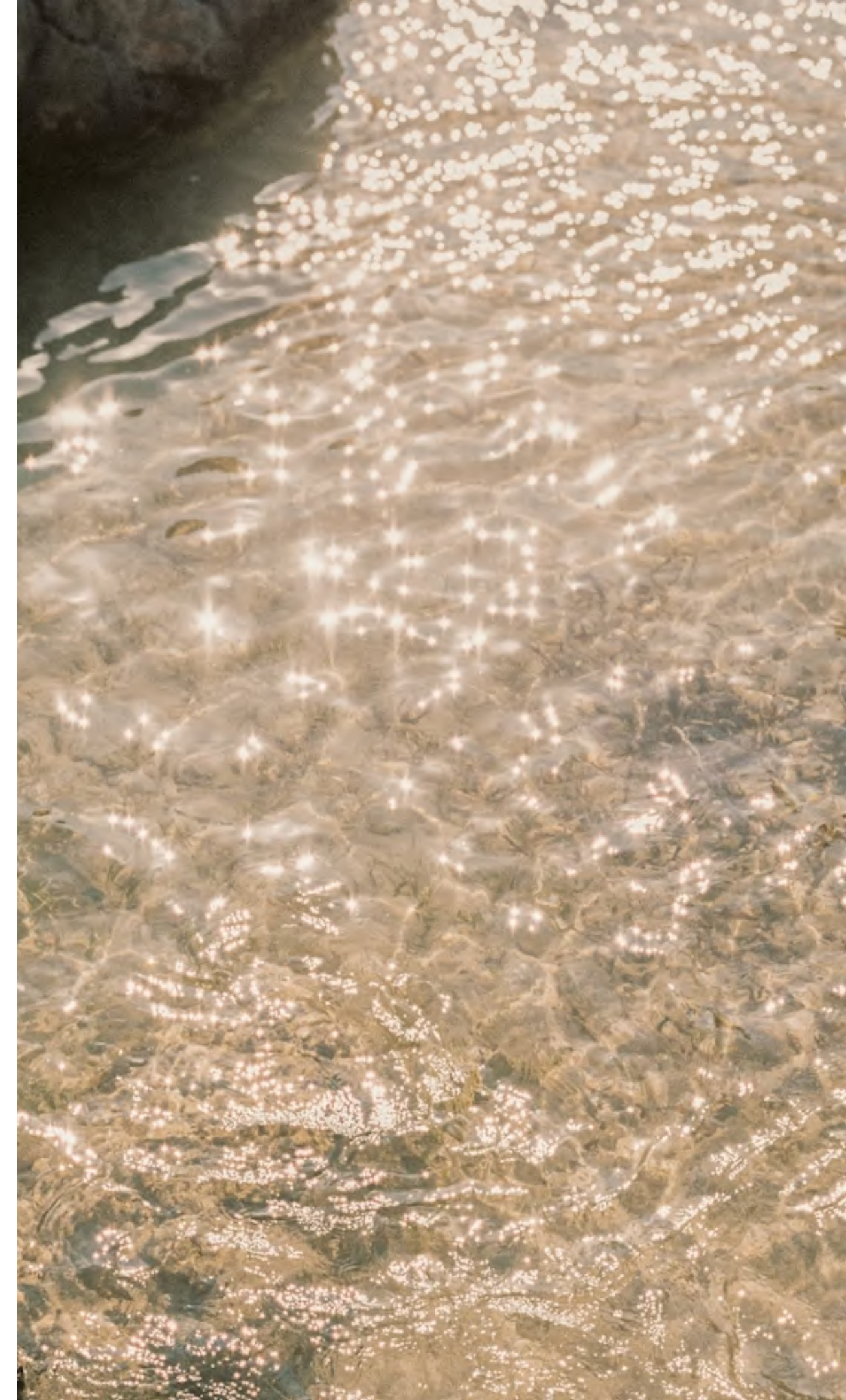
Visualize the negative energy being sent to the core of the earth. I imagine that energy being a bright, red beam, but choose whatever you'd like.

At the core of the earth is your safest place. It's where Source, God, or whatever entity you choose is protecting you.

Create a serene scene at this core. This is a place you'll revisit, so be intentional. I picture myself by an oak tree, surrounded by lush greenery, feeling a gentle breeze under a cloud-filled sky.

When the beam reaches the shell of the core, imagine the core absorbing all of that negative energy, protecting you from harm. I visualize the most beautiful butterfly I've ever seen pop out.

Once the core absorbs that energy, visualize the core sending positive energy back up to you. I imagine it to be a bright blue beam of energy. Absorb that energy through the bottom of your feet. Feel it fill up your entire body, all the way to the tips of your fingers.



SONG 5: SOLIDIFYING MEDITATION

Objective: End the meditation with a powerful mantra.

Instructions:

Create a mantra that resonates with you. Here's an example: "I am wealth. I am abundance. I am confident. I am content. I am full of genuine joy. I am healed. My body is healed. I am back to full health."

Repeat it over and over until the song completes. Feel the feelings of what you want to become, allowing your mind to believe it. This mantra solidifies the entire meditation, sealing the energy and intention you've cultivated.

Remember, your mantras can evolve. I started saying, "I am healed" far before I believed it. That's the point of mantras. Be a step ahead of where you actually are. It's the power of manifestation. Feel the feelings of what you want to become, and saying them over and over will help your mind believe it!



This guided meditation journey is a personal and transformative experience. Whether you're a beginner or an experienced meditator, these instructions are designed to guide you through a process of self-discovery, healing, and empowerment. **I dare you to do this for 30 days straight** and see how it transforms your life.

Enjoy the journey!