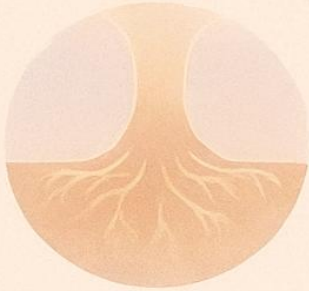


MEDITATION FOR EMBRACE SELF-TRUST & RELEASE FEAR



GROUND YOURSELF

Imagine soft, glowing roots
extending from your feet
into the Earth.

I am grounded. I am safe.
I am supported.



OBSERVE YOUR FEAR

See them as clouds in the
sky of your mind.

These fears are not who I am.
I release them with love.



CALL BACK YOUR POWER

Place your hands over your heart,
breathe deeply, and say:

I reclaim my power. I am guided
by love. I trust myself.



VISUALIZE YOUR HIGHEST SELF

See yourself walking confidently
along a path bathed in sunlight.

I honor my uniqueness.
I walk my path with courage
and love.



Lai Ping Lee

✿ Meditation Guide: Embrace Self-Trust & Release Fear ✿

Introduction

✿ Dear Soul,

This meditation is a gentle invitation to release fear and awaken your self-trust. Allow yourself to slow down. Let go of the world for a few moments. You are safe. You are supported. You are love.

Step 1: Ground Yourself

Visual Cue: Imagine soft, glowing roots extending from your feet into the Earth.

Guidance: Feel the stability, nourishment, and unconditional support of the Earth holding you.

✿ Affirmation:

"I am grounded. I am safe. I am supported."

Step 2: Observe Your Fear

Visual Cue: Picture fears as clouds floating across a calm sky—shapes that shift and dissolve.

Guidance: Bring to mind the fears that weigh on you—judgment, rejection, not being enough. Do not fight them. Watch them pass.

✿ Affirmation:

"These fears are not who I am. I release them with love."

Step 3: Call Back Your Power

Visual Cue: Place your hands over your heart and see a golden light glowing there, expanding through your entire body.

Guidance: With each breath, feel your inner strength, clarity, and courage growing.

✦ Affirmation:

"I reclaim my power. I am guided by love. I trust myself."

Step 4: Visualize Your Highest Self

Visual Cue: Imagine walking along a sunlit path, radiant and confident, fully aligned with your truth.

Guidance: Feel the energy of self-trust filling every cell. Life supports you in every step.

✦ Affirmation:

"I honor my uniqueness. I walk my path with courage and love."

Step 5: Anchor Your Self-Trust

Visual Cue: Picture your body glowing with light, expanding as you inhale, releasing shadows as you exhale.

Guidance: Anchor the feeling of trust in your being. Let it guide your actions and thoughts.

✦ Affirmation:

"I stop living in fear. I trust myself. I am free."

Step 6: Return with Gratitude

Visual Cue: Slowly open your eyes and see the world with gentle clarity.

Guidance: Smile softly. Carry the warmth, confidence, and love from this meditation into your day.

✦ Affirmation:

"I am love. I am trust. I am aligned with life."

✦ Daily Practice Tip ✦

Spend 5-15 minutes each morning in this meditation. Whenever fear arises, return to these steps. Over time, your self-trust will become your natural state, guiding you effortlessly toward joy, courage, love and your highest truth.

✦ Practical Technique ✦

Find a quiet space. Sit comfortably. Close your eyes. Breathe deeply.

✦ Ground Yourself

Imagine roots growing from the soles of your feet, reaching deep into the Earth. Feel the stability, the nourishment, and the safety of the Earth supporting you.

✦ Say quietly:

"I am grounded. I am safe. I am supported."

✦ Notice Your Fear

Gently bring to mind the fears you carry—fear of judgment, of not being enough, of losing love.

See them as clouds in the sky of your mind.

They are not you. They are passing shapes, shifting and dissolving.

✦ Whisper softly:

"These fears are not who I am. I release them with love."

✦ Call Back Your Power

Place your hands over your heart. Imagine a warm, golden light growing from your chest, expanding outward, filling your body.

With each breath, feel your strength, your clarity, your courage.

✦ Say aloud:

"I reclaim my power. I am guided by love. I trust myself."

✦ Visualize Your Highest Self

See yourself walking confidently along a path bathed in sunlight. You radiate calm, joy, and authenticity.

People, places, and situations align to support your truth.

Feel the energy of self-trust filling every cell of your being.

Affirm:

"I honor my uniqueness. I walk my path with courage and love."

✦ Anchor Your Self-Trust

As you inhale, draw love and confidence into your body.

As you exhale, release doubt and fear.

✦ Repeat gently

"I stop living in fear. I trust myself. I am free."

✦ Return with Gratitude

Slowly open your eyes. Take a deep breath. Smile.

Carry the warmth, clarity, and trust of this meditation into your day.

✦ Whisper ✦

"I am love. I am trust. I am aligned with life."