

MEDITATION GUIDE

EMBRACE SELF-TRUST & RELEASE FEAR



WORKBOOK

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Meditation: Gratitude Alchemizes Pain into Power



[Grounding the Breath]

Take a moment to arrive.

Feel your body supported by the surface beneath you.

Allow your shoulders to soften, your jaw to unclench, your belly to relax.

Now, take a slow, deep breath in through your nose...

and exhale gently through your mouth.

Again — inhale calm...

exhale tension.

And one more — breathing in light...

Breathing out anything heavy.

You are safe to be here.

You are safe to feel.

[Centering Awareness]

Bring your attention to your heart —

the quiet space just beneath your sternum.

Imagine a soft, golden glow there — warm, steady, and alive.

As you breathe, feel that golden light expanding —

a gentle sun rising within your chest.

Each breath brightens it.

Each breath deepens your connection to the present moment.

[Acknowledging the Pain]

Now, softly bring to mind something that has caused you pain —
a moment of loss, betrayal, frustration, or disappointment.

No need to relive it; simply witness it.

See it as an energy in your field —
a knot, a weight, a dark cloud perhaps.

Let yourself whisper inwardly:

Yes, I feel this. This is part of my story.

Notice where it lives in your body.

Maybe in the chest, the throat, the belly.

Gently place a hand there.

Let your touch be kind, like the hand of a friend.

[The Alchemy Begins]

Now imagine breathing a stream of golden light
from your heart directly into that place of pain.

With every breath, this light begins to mingle with the heaviness —
not fighting it, not denying it, simply holding it in warmth.

Breathe in compassion...

Breathe out resistance.

Breathe in love...

Breathe out judgment.

And now, quietly whisper to yourself:

Thank you.

Thank you for showing me where healing was needed.

Thank you for revealing the power I had forgotten.

Feel how those simple words — thank you —

start to soften the edges of the pain.

Gratitude is the fire that turns lead into gold.

[Transformation]

With each breath, watch the light grow brighter —

the pain dissolving into warmth,

The weight becomes light.

See the golden energy expanding beyond your body now,

filling your aura, your space, your room —

until you are surrounded by radiant peace.

In this golden field, you realize:

Nothing was ever against you.

Every challenge was a sacred teacher,

guiding you back to your own strength.

Feel that truth in your bones:

✨ I am the alchemist of my experience.

✨ I can turn every wound into wisdom.

✨ Gratitude is my transmutation.

[Integration]

Now, rest in this golden awareness for a few breaths.

Feel your body at ease.

Notice how light you've become.

From this space, silently repeat:

"I am thankful for it all — the lessons, the losses, and the love."

"Every experience serves my awakening."

"Gratitude is my power."

[Closing]

Take one final deep breath in —

and as you exhale, imagine roots extending from your body into the Earth,
grounding this peace into your physical reality.

When you're ready, wiggle your fingers and toes.

Gently open your eyes.

Carry this golden awareness into your day.

Let gratitude be your quiet revolution —
the light that transforms every shadow into strength.