A person is silhouetted against a vast, starry night sky. The person stands on a dark, rocky outcrop with their arms raised in a gesture of triumph or achievement. The sky is filled with numerous stars of varying sizes and colors, including white, yellow, and blue. The overall atmosphere is one of awe and inspiration.

In this meditation, we'll create  
space to set an intention on  
landing and arriving at our final  
destination with focus.

最終目的地に着陸したことをイメージし、  
集中的に目標に達成するためのスペースを作ります。

Allow yourself to sit nice and tall.  
Feel grounded and safe.

静かに背筋を伸ばして座りましょう。  
あなたの身体は大地に根付き、安全な  
場所だということを感じています。



Let's take 3 cleansing breaths  
together to fully bring our  
tension to the body.

3回、深呼吸とため息をしましょう。  
そして、身体に意識を持っていきます。



Can you begin to imagine slowly  
lifting each vertebra up and off of  
each other.

背骨をひとつひとつゆっくりと  
持ち上げて、積み重ね、  
スペースを作るイメージで  
始めてみてください。



Notice this kind of your attitude, this  
state of mind that you wish to develop  
as you continue your journey.

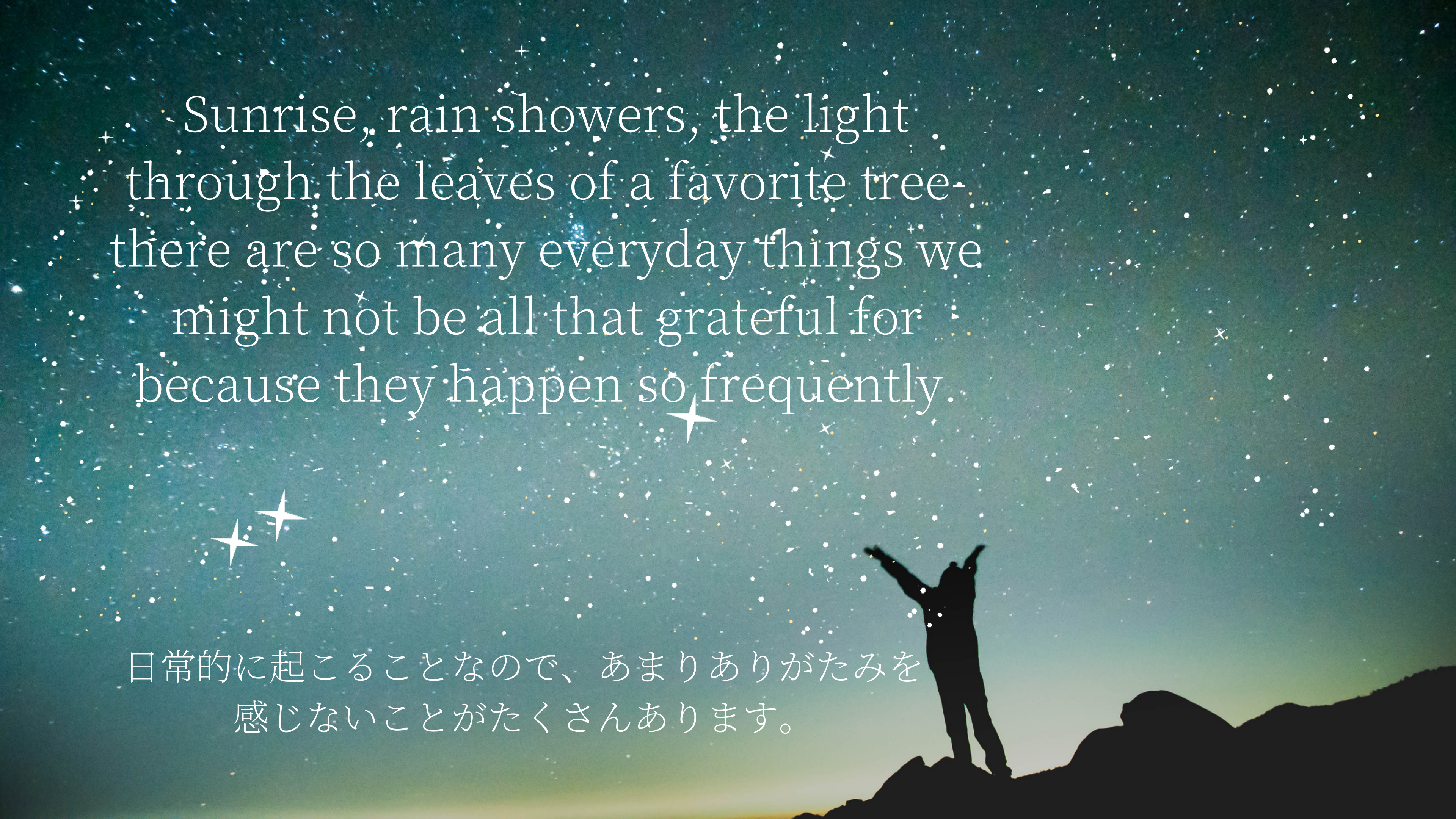
あなたが旅（この講座）を続ける中で、  
どのような姿勢、どのような心の状態を  
築きたいのかに注目してください。



Gratitude for everyday beauty  
A beautiful thing is not beautiful  
until someone appreciates it.

日常の美しさへの感謝  
美しいものは、誰かに評価されないと  
美しくありません。



A person is silhouetted against a starry night sky, standing on a rocky outcrop with their arms raised in a gesture of awe or gratitude. The sky is filled with numerous stars of varying sizes and colors, including white, yellow, and blue. The overall mood is one of wonder and appreciation for the natural world.

Sunrise, rain showers, the light  
through the leaves of a favorite tree-  
there are so many everyday things we  
might not be all that grateful for  
because they happen so frequently.

日常的に起こることなので、あまりありがたみを感じないことがたくさんあります。



If you were Brand-New to this earth and  
seeing things for the first time, what  
completely ordinary things would you  
find astonishing?

もし、あなたがこの地球で生まれたばかりで、  
初めて見るものがあるとしたら、  
どんなごく普通のことにも驚きを感じますか？



