



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
築きたいのかに注目してください。

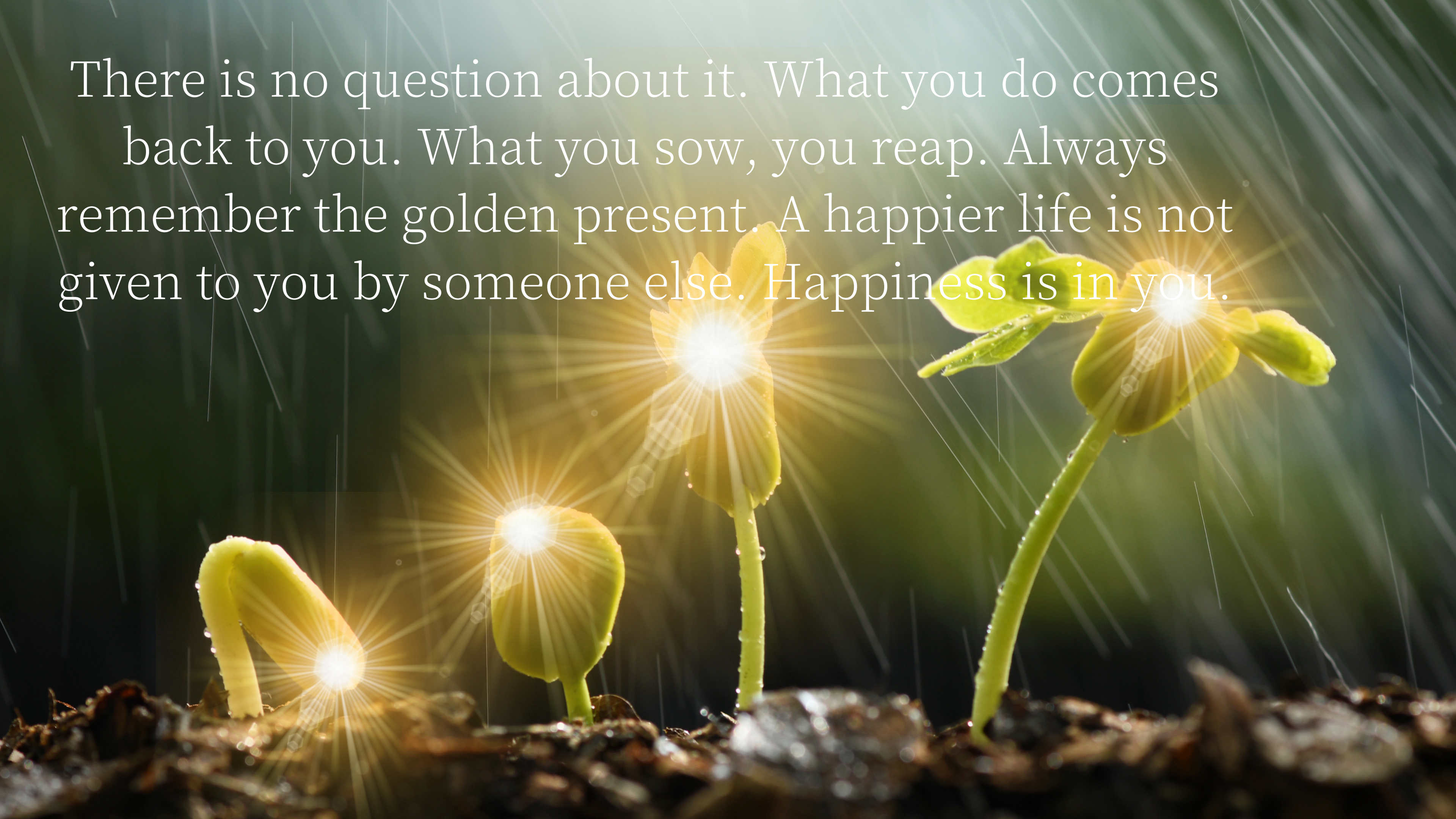
A great thinker said the past and the future are not even visible. But what is visible? The Golden present.



Think of the golden present.
Sow what is necessary, what is right.
Sow good thoughts.
Sow good deeds.
I am sure you will reap good fruits.



There is no question about it. What you do comes back to you. What you sow, you reap. Always remember the golden present. A happier life is not given to you by someone else. Happiness is in you.



I already have everything I need to be successful.
I have the power to achieve my goals.
I believe in myself and my power to make the right decisions.
Today, I am full of energy and deserving of joy.
My future is bright and is watching me grow.

