A serene forest scene featuring a waterfall cascading over mossy rocks. Sunlight filters through the dense green foliage, creating a bright, ethereal atmosphere. The overall tone is peaceful and natural.

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。

A lush green forest scene featuring a waterfall cascading over mossy rocks. Sunlight filters through the dense canopy of trees, creating a bright, ethereal glow. The overall atmosphere is peaceful and natural.

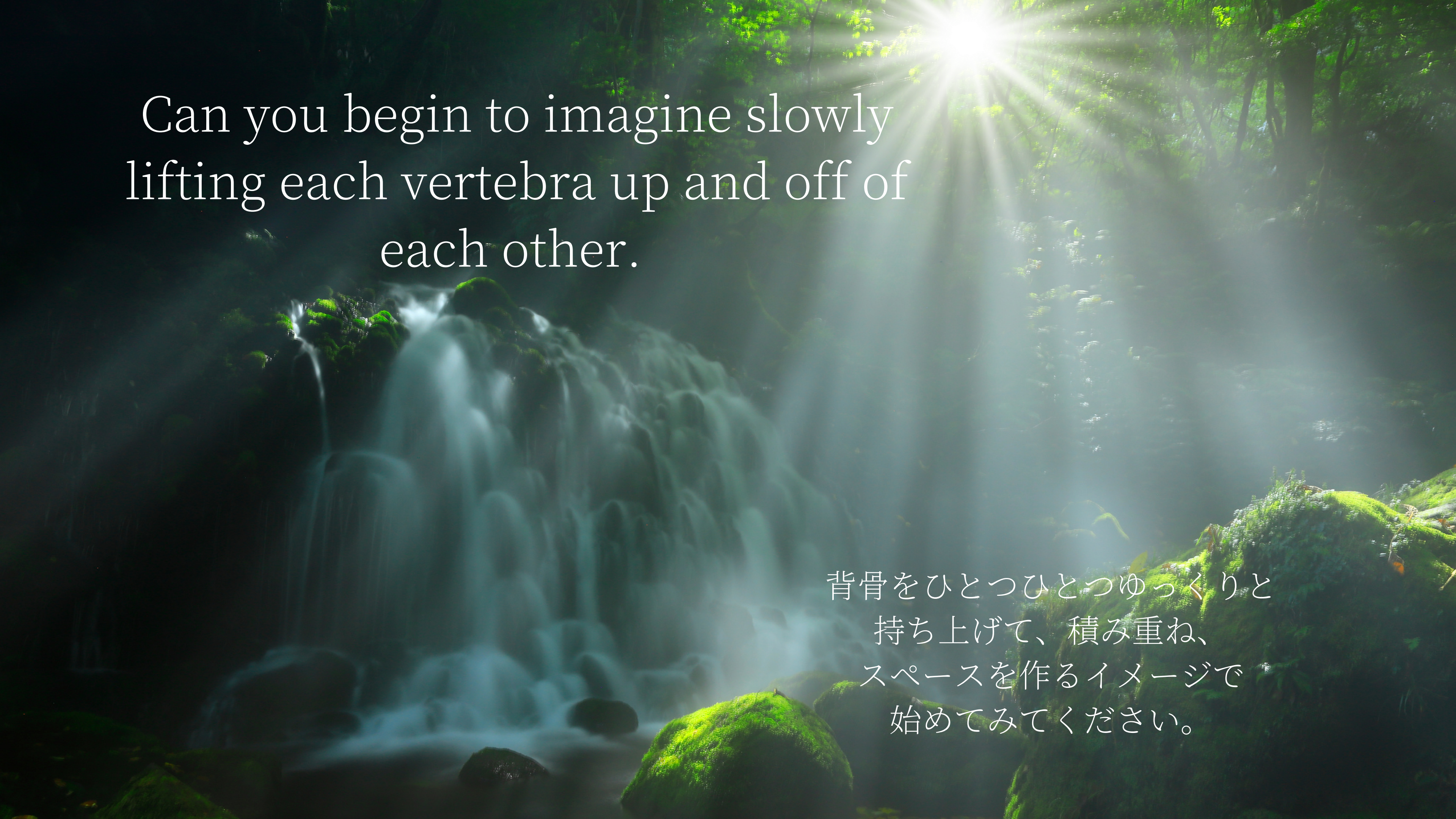
Allow yourself to sit nice and tall.
Feel grounded and safe.

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。

A lush green forest scene featuring a waterfall cascading over mossy rocks. Sunlight filters through the dense canopy of trees, creating a bright, ethereal glow. The overall atmosphere is peaceful and natural.

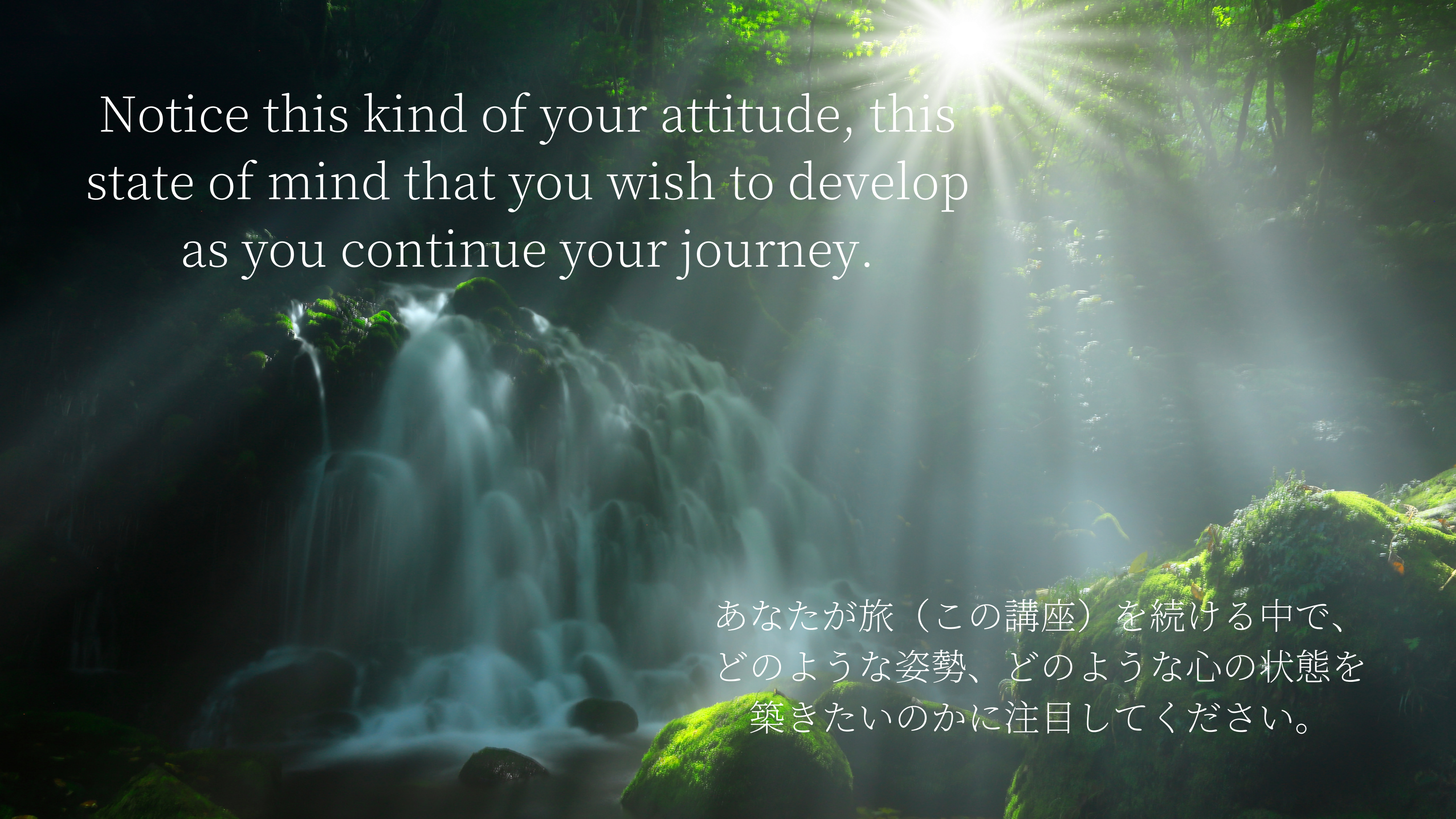
Let's take 3 cleansing breaths
together to fully bring our
tension to the body.

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。

A lush green forest scene with a waterfall and sunlight filtering through the trees. The waterfall is in the center-left, cascading over mossy rocks. Sunlight streams from the top right, creating a bright glow and illuminating the surrounding foliage. The overall atmosphere is serene and natural.

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。

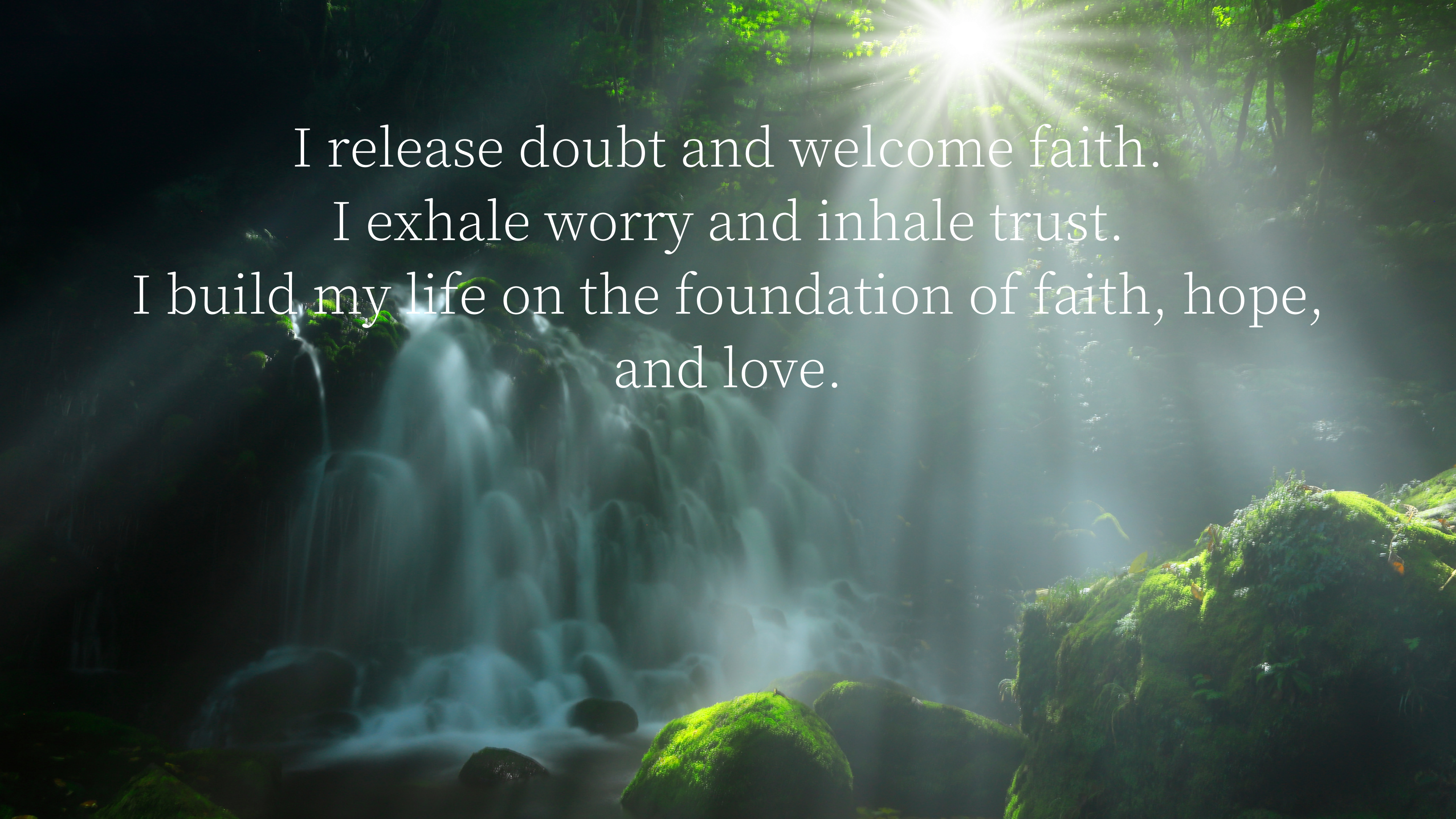
A serene forest scene featuring a waterfall cascading over moss-covered rocks. Sunlight filters through the dense green foliage, creating a soft, ethereal glow. The overall atmosphere is peaceful and natural.

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。

A lush forest scene featuring a waterfall cascading over moss-covered rocks. Sunlight filters through the dense green foliage, creating a bright, ethereal atmosphere. The text "Have complete faith. Don't go near fear." is overlaid in white serif font across the center of the image.

Have complete faith. Don't go near fear.

A lush forest scene with a waterfall and sunlight filtering through the trees. The waterfall is the central focus, cascading over mossy rocks. Sunlight streams through the dense canopy of green trees, creating a bright, ethereal atmosphere. The foreground is dominated by large, rounded rocks covered in vibrant green moss. The overall mood is serene and peaceful.

I release doubt and welcome faith.
I exhale worry and inhale trust.
I build my life on the foundation of faith, hope,
and love.