



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。

The background is a deep space scene. It features several prominent, glowing golden-yellow light trails that curve and swirl across the frame, resembling nebulae or the paths of celestial bodies. The background is filled with numerous small, bright white and yellow stars of varying sizes. Some stars have a distinct four-pointed diffraction pattern. The overall color palette is dominated by the dark blues and blacks of space, contrasted with the vibrant golds and whites of the light trails and stars.

Nothing Is Impossible

Doubt and faith don't go together.

If you have complete faith, nothing is impossible.

Nothing.

The background of the image is a deep space scene. It features several prominent, glowing golden-yellow light trails that curve and swirl across the frame, resembling nebulae or the paths of celestial bodies. The background is filled with a dense field of stars of various sizes and colors, including white, yellow, and blue. The overall atmosphere is ethereal and majestic.

If we have that kind of total trust,  
we will always maintain our peace.



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Nothing Is Impossible

