



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。



We learn compassion as we dissolve our personal version of the world, and grow gentle eyes that are not afraid to see reality as it is.



As I focus on compassion, I naturally relate to others with love and understanding.

As my concern for others deepens, my life becomes more fulfilling in every way.



Being compassionate helps me to be a more
peaceful, happy person.

I am ready and willing to practice being more
compassionate.



Self-compassion fuels my passion.
One heartbeat at a time, I can feel better.

