

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。

The background is a vibrant cosmic scene. On the left, a dark silhouette of a human head in profile faces right. The interior of the head is filled with a warm, reddish-pink glow. A bright, glowing sun or star is positioned in the upper center, casting a strong light across the scene. To the left of the sun, there are several translucent, hexagonal shapes arranged in a line. In the upper left corner, there is a large, circular, golden-yellow object with a smaller, similar object inside it. The background is filled with numerous stars of varying sizes and colors, including blue, white, and yellow. The overall color palette is dominated by deep blues, purples, and oranges, creating a dreamy and ethereal atmosphere.


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。

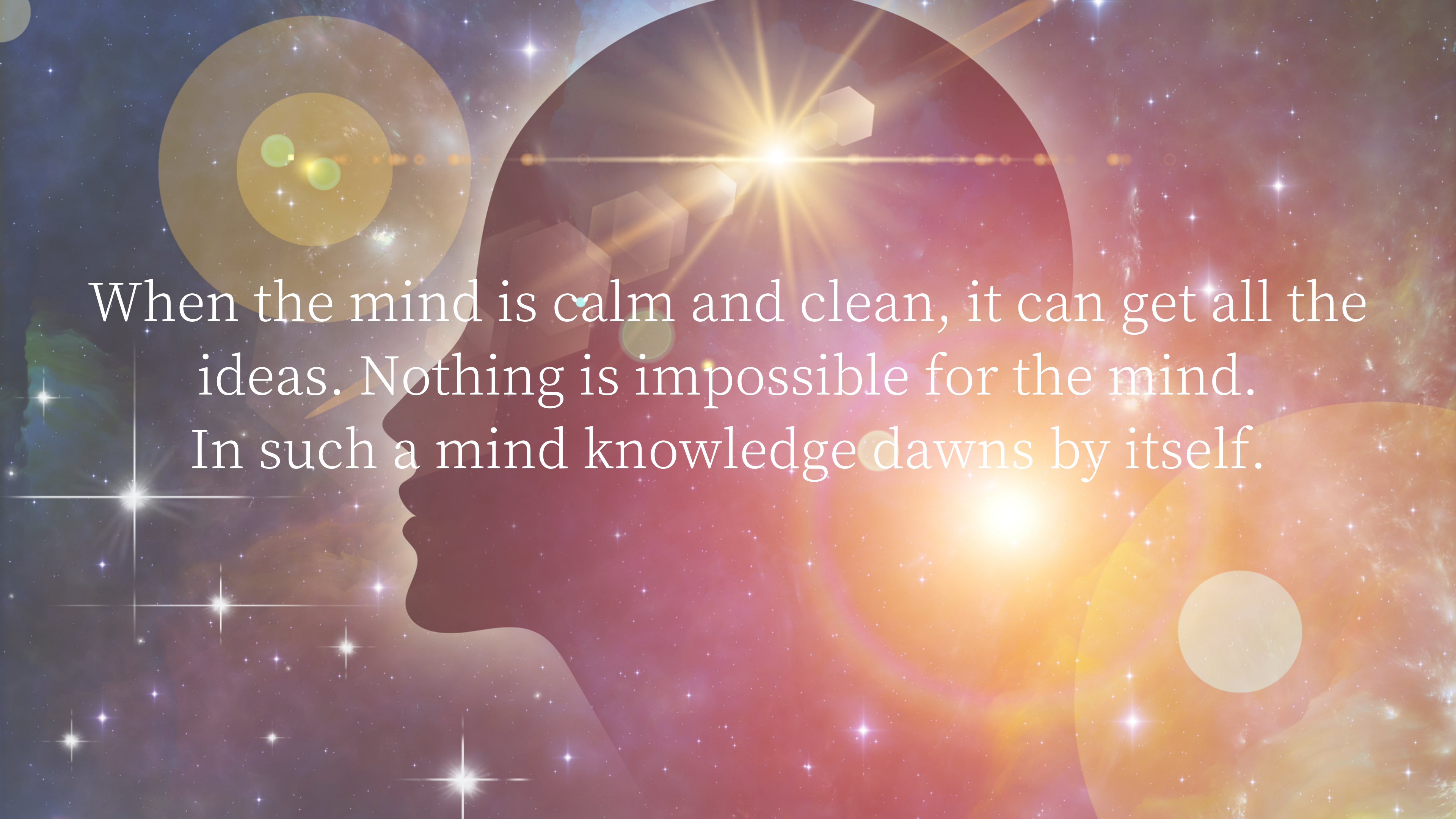


Notice this kind of your attitude, this
state of mind that you wish to develop
as you continue your journey.

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。



Nature never discriminates. It has made the same knowledge equally available to everyone.



When the mind is calm and clean, it can get all the ideas. Nothing is impossible for the mind. In such a mind knowledge dawns by itself.

The background is a vibrant cosmic scene. A dark silhouette of a human head in profile, facing right, is centered. Inside the head, a bright sun with rays is visible, along with a series of small, light-colored cubes arranged in a path. To the left of the head is a large, glowing yellow sphere with a smaller green sphere inside it. To the right is a large, glowing orange sphere with a smaller white sphere inside it. The background is filled with stars, nebulae, and a grid of light lines.

I am at peace with myself and everything that surrounds me.

I feel light and calm.

I am 100% relaxed at this very moment.



With every breath I take, I am letting peace
into my body.

I can feel the connection to my inner peace.
My actions attract peace into my life.