A composite image of the moon, Earth, and the sun in space. The moon is on the left, Earth is in the center, and the sun is on the right, creating a lens flare effect.


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。



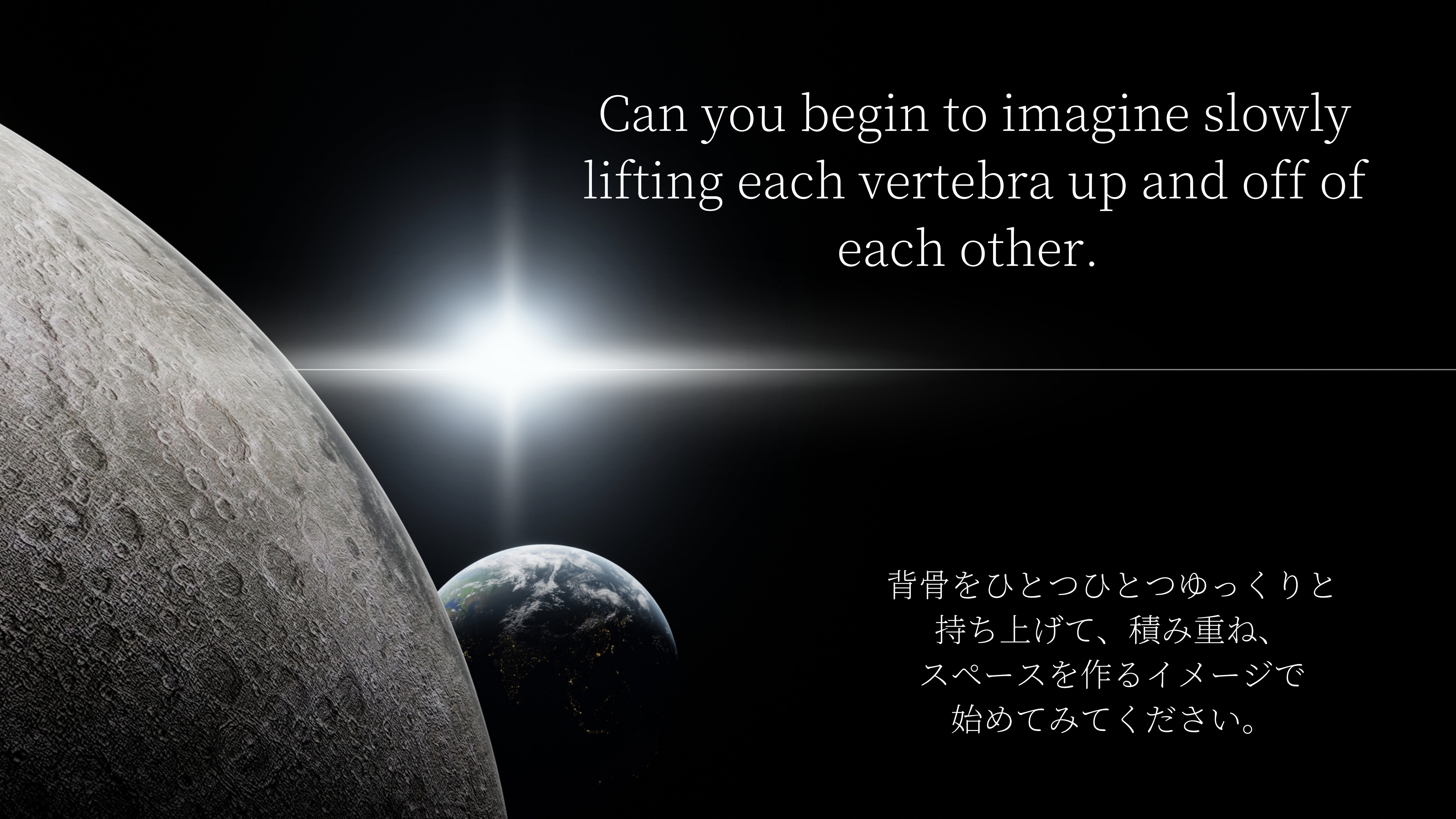
Allow yourself to sit nice and tall.
Feel grounded and safe.

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。

A composite image of the moon, sun, and earth in space. The moon is on the left, the sun is in the center, and the earth is on the right. The background is black.


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.

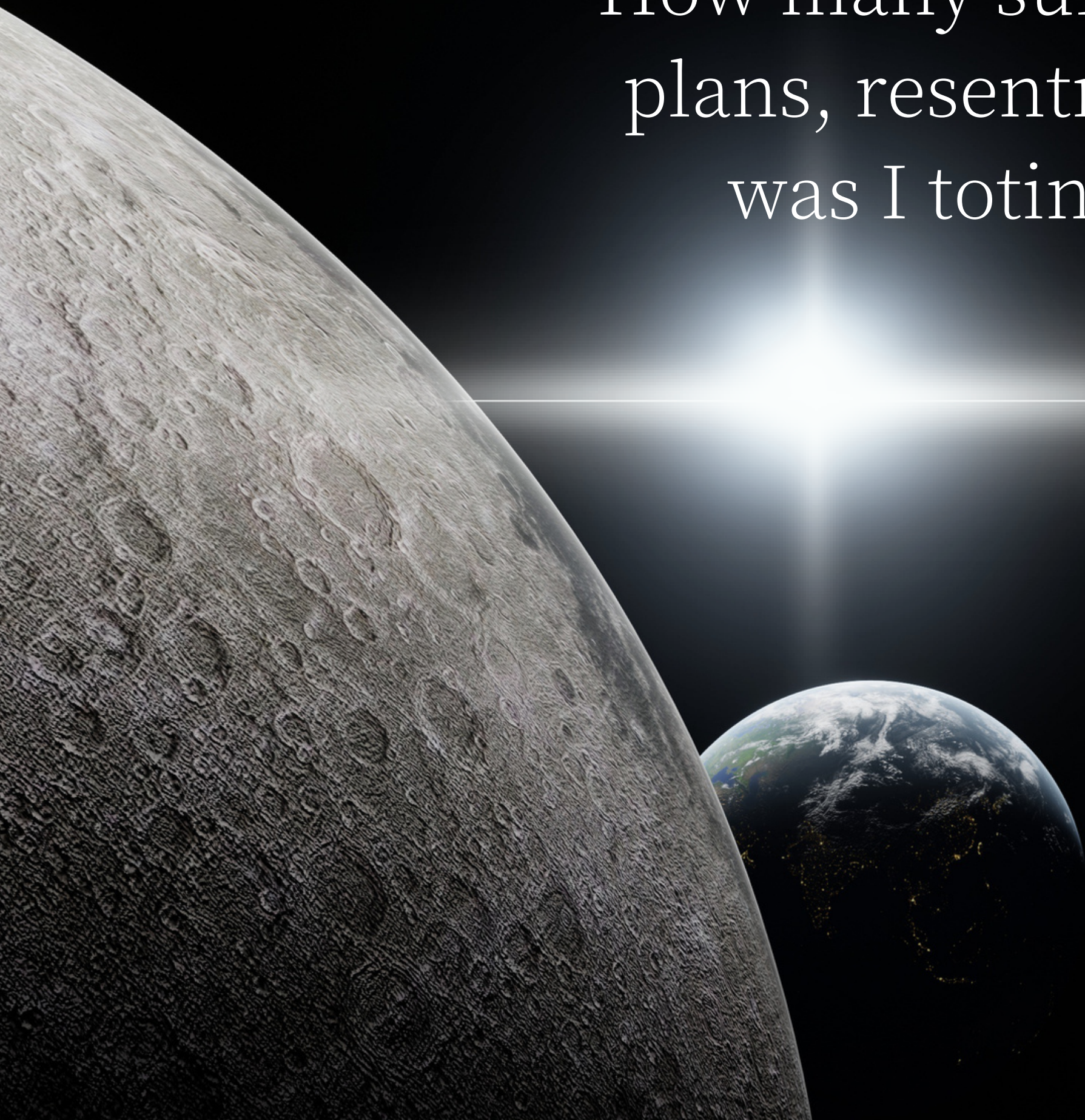
背骨をひとつひとつゆっくりと
持ち上げて、積み重ね、
スペースを作るイメージで
始めてみてください。

A composite image of the moon, Earth, and the sun in space. The moon is on the left, Earth is in the center, and the sun is on the right, creating a bright lens flare effect.

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。

How many suitcases full of expectations, tasks,
plans, resentments, and unforgiven moments
was I toting around with me every day?




Pack light for the journey.





I accept the disappointments of my past
and heal my future.

Letting go of my pain helps me heal.
I release control and trust my instincts.

A composite image featuring the Moon on the left, the Earth in the center, and a bright sun or star in the background. The Moon is a large, grey, cratered sphere. The Earth is a smaller, blue and white sphere. The sun is a bright, glowing orb with a lens flare effect.

I let go! I let go of my fear.
I let go of my pain.

I am free!
I am already there.