

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
築きたいのかに注目してください。

Your actions, your thoughts, and the activity
you were engaged in, lined up and became
one entity of harmony and perfection.

I let go of what I can't change.
Out of difficulties grow new beginnings.
I trust the process.
I am open and willing to live my life in new ways.

The universe has a plan greater than mine.

I surrender all expectations.

My emotional pain shows me what needs to change.

I am calm in the chaos.