
A lit candle in a blue holder is the central focus, with a warm, glowing flame. The background is softly blurred, featuring several strings of warm white string lights that create a bokeh effect of glowing circles. The overall atmosphere is calm and serene.

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。




A lit candle in a blue holder is the central focus, with a warm, glowing flame. The background is a soft, out-of-focus blue and white, decorated with several strings of warm white string lights that create a bokeh effect of glowing circles. The overall mood is calm and soothing.

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。

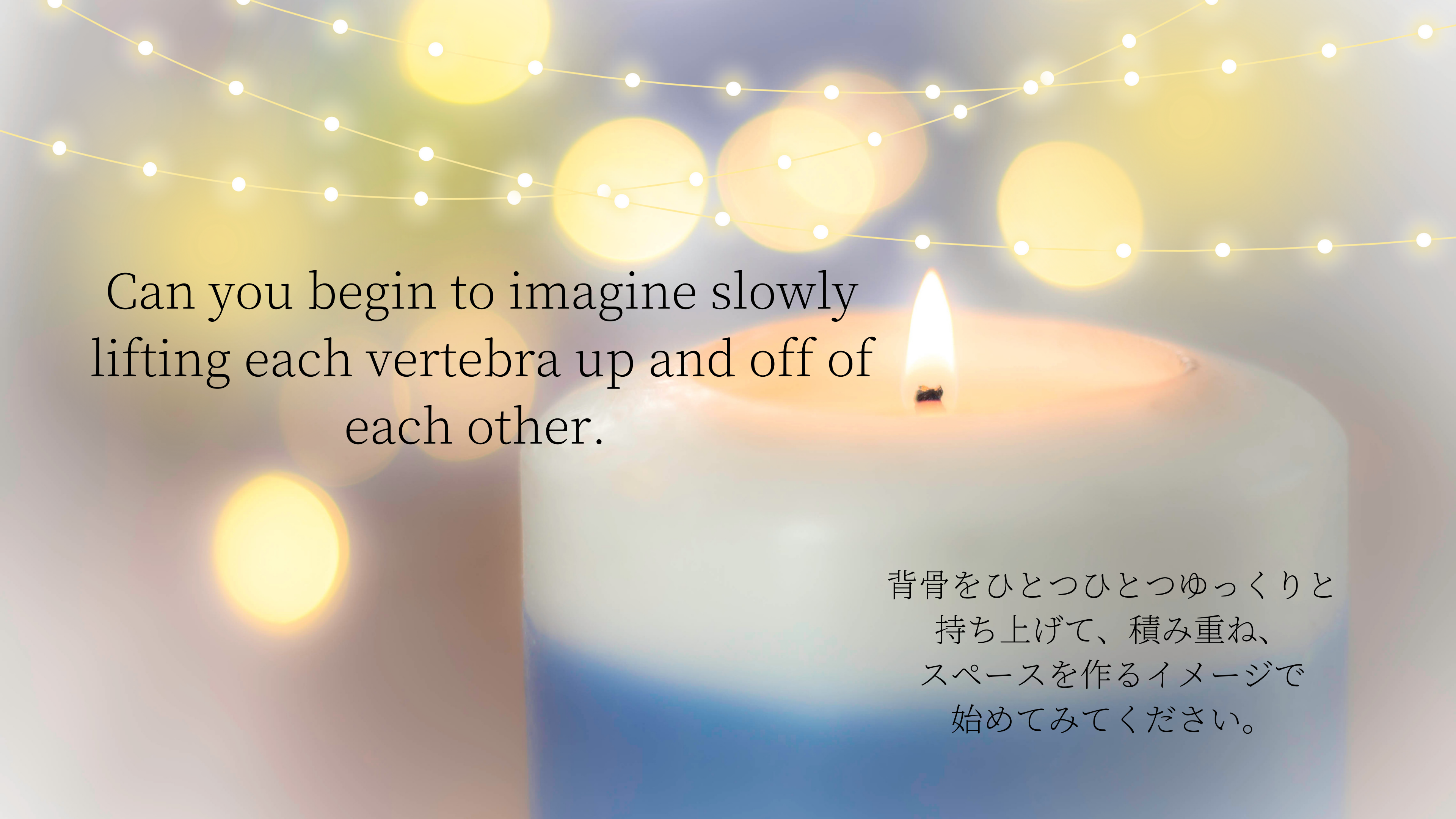


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Let's take 3 cleansing breaths  
together to fully bring our  
tension to the body.

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。

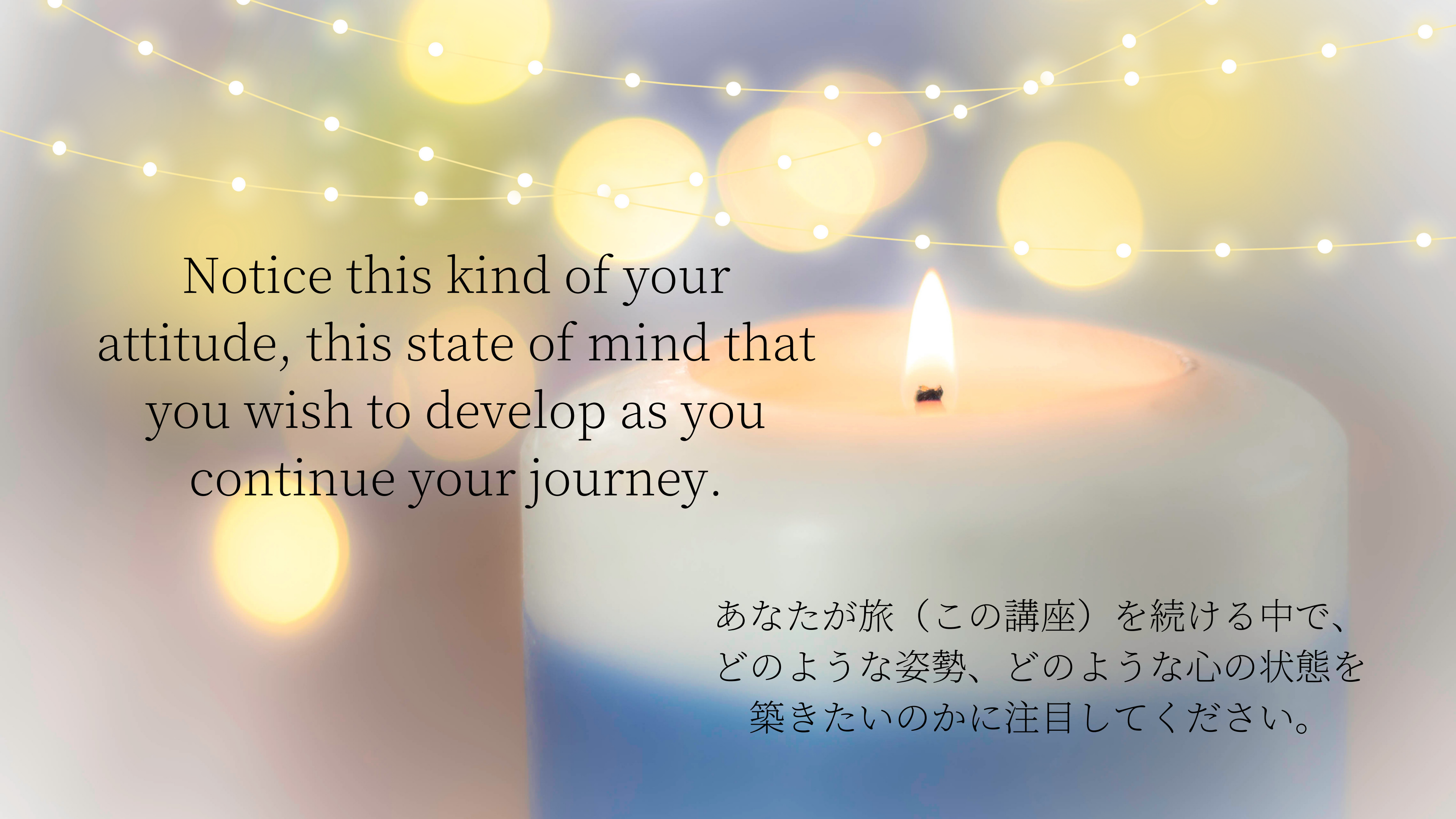


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Can you begin to imagine slowly  
lifting each vertebra up and off of  
each other.

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 lit candle in a white holder is the central focus, with a warm, glowing flame. The background is softly blurred, featuring a string of warm white lights that create a bokeh effect of soft, glowing circles. The overall atmosphere is calm and contemplative.

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

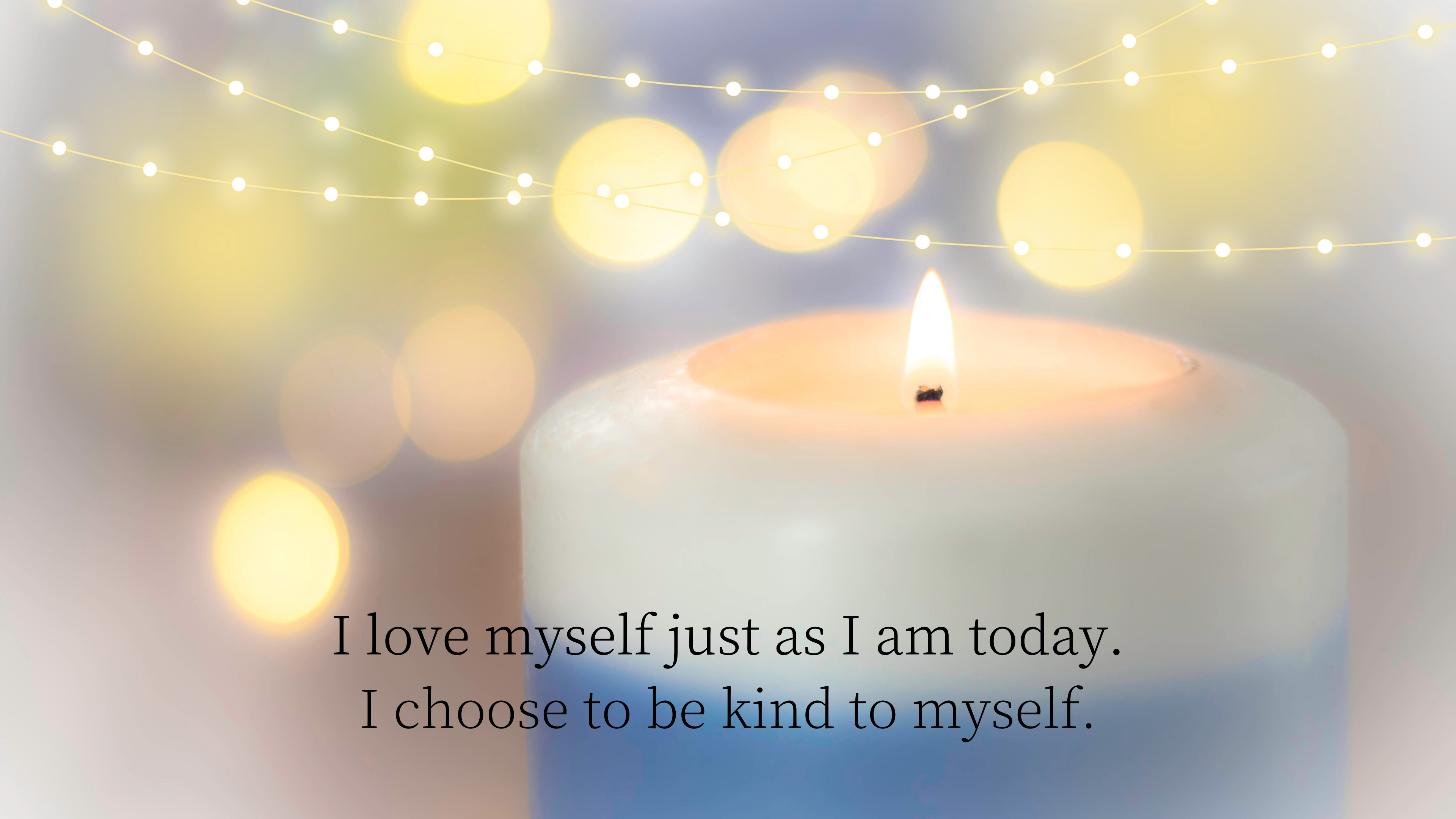
あなたが旅（この講座）を続ける中で、  
どのような姿勢、どのような心の状態を  
築きたいのかに注目してください。



A lit candle with a warm glow, set against a background of soft bokeh lights and string lights. The candle is the central focus, with a bright flame. The background features out-of-focus yellow and orange lights, creating a romantic and cozy atmosphere. String lights with small white bulbs are visible in the upper portion of the image.

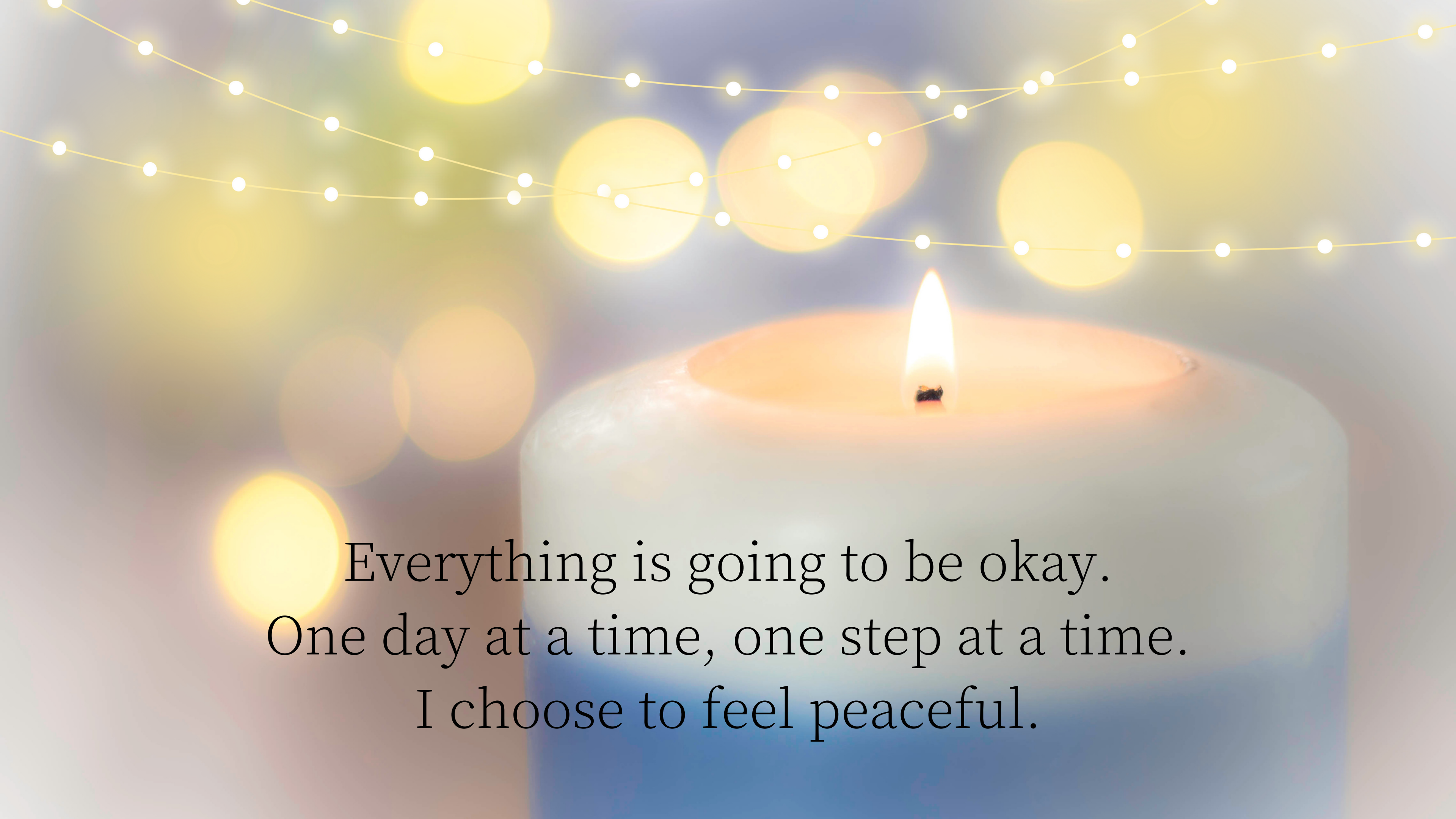
Falling in love leaves no room for the violence  
of expectations and judgements; it is free for  
delight and joy and spontaneity.



A lit candle with a warm, glowing flame is the central focus. The candle is white and cylindrical. In the background, several strings of small, warm-toned string lights are visible, creating a bokeh effect with soft, out-of-focus circles of light. The overall atmosphere is cozy and intimate.

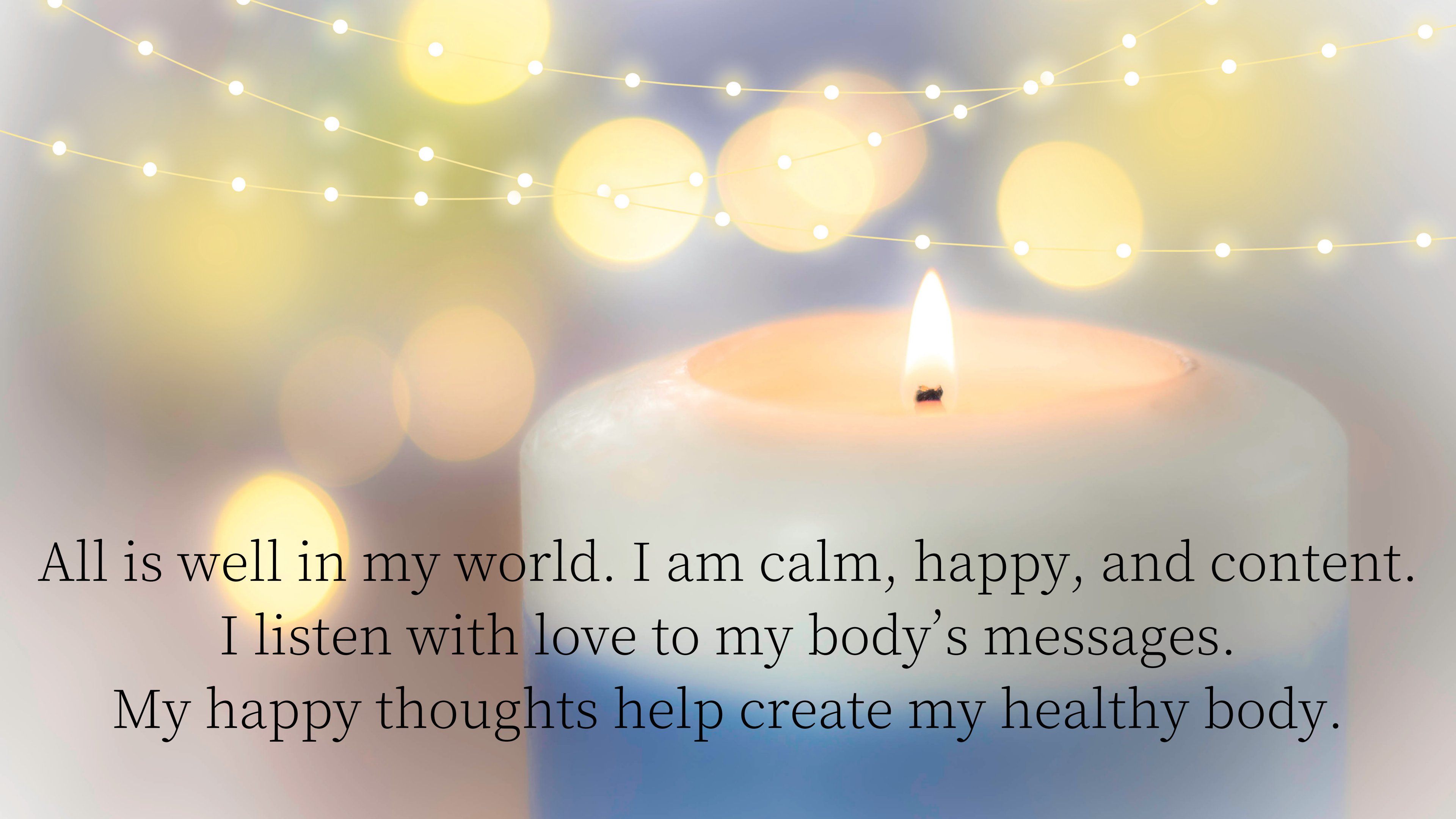
I love myself just as I am today.  
I choose to be kind to myself.



A lit candle with a warm, glowing flame is the central focus. The candle is white and cylindrical. In the background, there are several strings of small, warm-toned lights, some of which are out of focus, creating a bokeh effect. The overall atmosphere is soft and comforting.

Everything is going to be okay.  
One day at a time, one step at a time.  
I choose to feel peaceful.





All is well in my world. I am calm, happy, and content.

I listen with love to my body's messages.

My happy thoughts help create my healthy body.