





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 woman is shown in profile, facing right, with her eyes closed. She is wearing a dark, long-sleeved garment. Her hands are held together in front of her chest, palms facing each other. A bright, glowing energy field surrounds her back and hands, consisting of concentric circles of light and a central point of intense brightness. The background is a gradient from dark blue on the left to white on the right.


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。

A woman is shown in profile, facing right, with her eyes closed. She is wearing a dark, long-sleeved garment. A vibrant, glowing blue energy field surrounds her spine and extends outwards, creating a sense of movement and light. The background is a gradient of light blue and white, with faint circular patterns and sparkling particles. The overall atmosphere is serene and focused.


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。



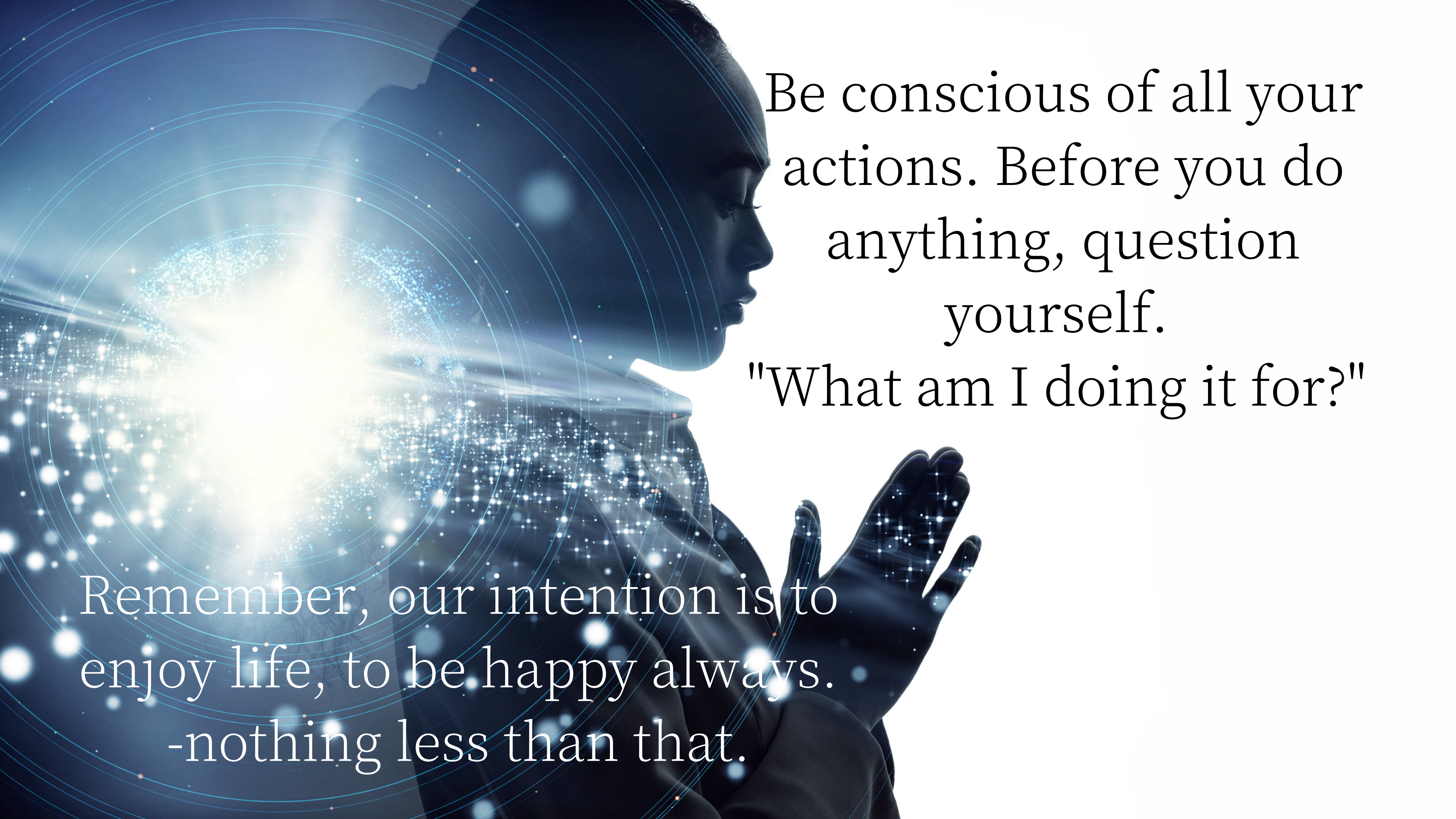
Notice this kind of your attitude, this state of mind that you wish to develop as you continue your journey.

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。

A woman is shown in profile, facing right, with her hands held together in a prayer-like gesture. She is surrounded by a vibrant, glowing energy field. This field consists of concentric blue circles and a bright yellow and white core, with numerous small, sparkling particles scattered throughout. The background is a gradient from white to light blue.

Just be happy, have fun,
enjoy life and don't get
caught.

Keep your mind in good
shape and don't allow it
to get into mischief.

A woman is shown in profile, facing right, with her hands held together in a prayer-like gesture. She is surrounded by a glowing, ethereal energy field composed of concentric circles and sparkling particles in shades of blue and white. The background is a soft, light blue gradient.

Be conscious of all your
actions. Before you do
anything, question
yourself.


"What am I doing it for?"

Remember, our intention is to
enjoy life, to be happy always.
-nothing less than that.

A woman is shown in profile, facing right, with her hands held together in a prayer-like gesture. She is surrounded by a vibrant, glowing energy field. This field consists of concentric blue circles, a bright yellow and white central sphere, and numerous small, sparkling particles in shades of blue and white. The background is a gradient from dark blue on the left to white on the right.

Our goal is unending joy.

Remember, our intention is to
enjoy life, to be happy always.
-nothing less than that.



"What am I doing it for?"