



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。



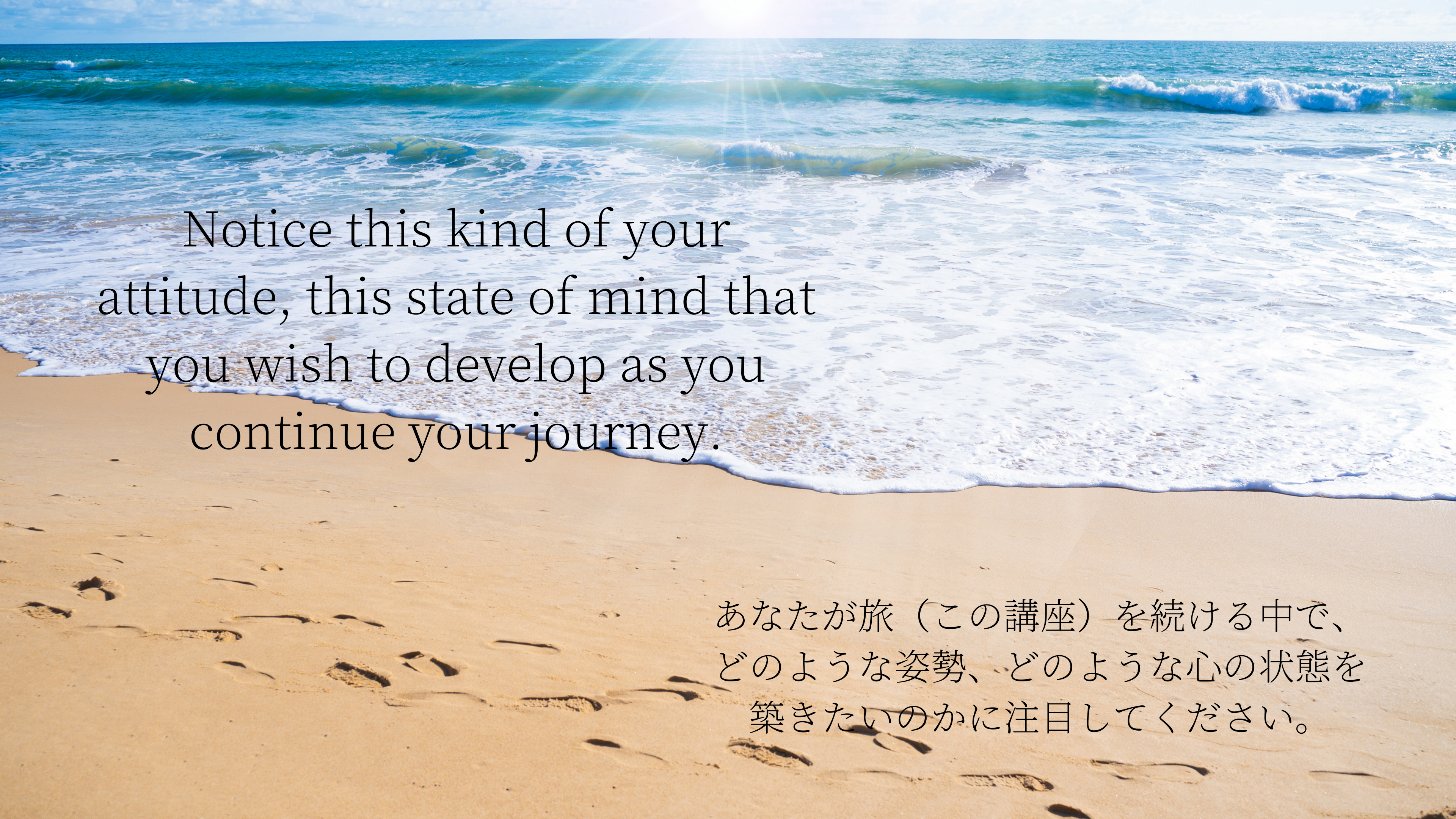
Let's take 3 cleansing breaths
together to fully bring our
tension to the body.

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。



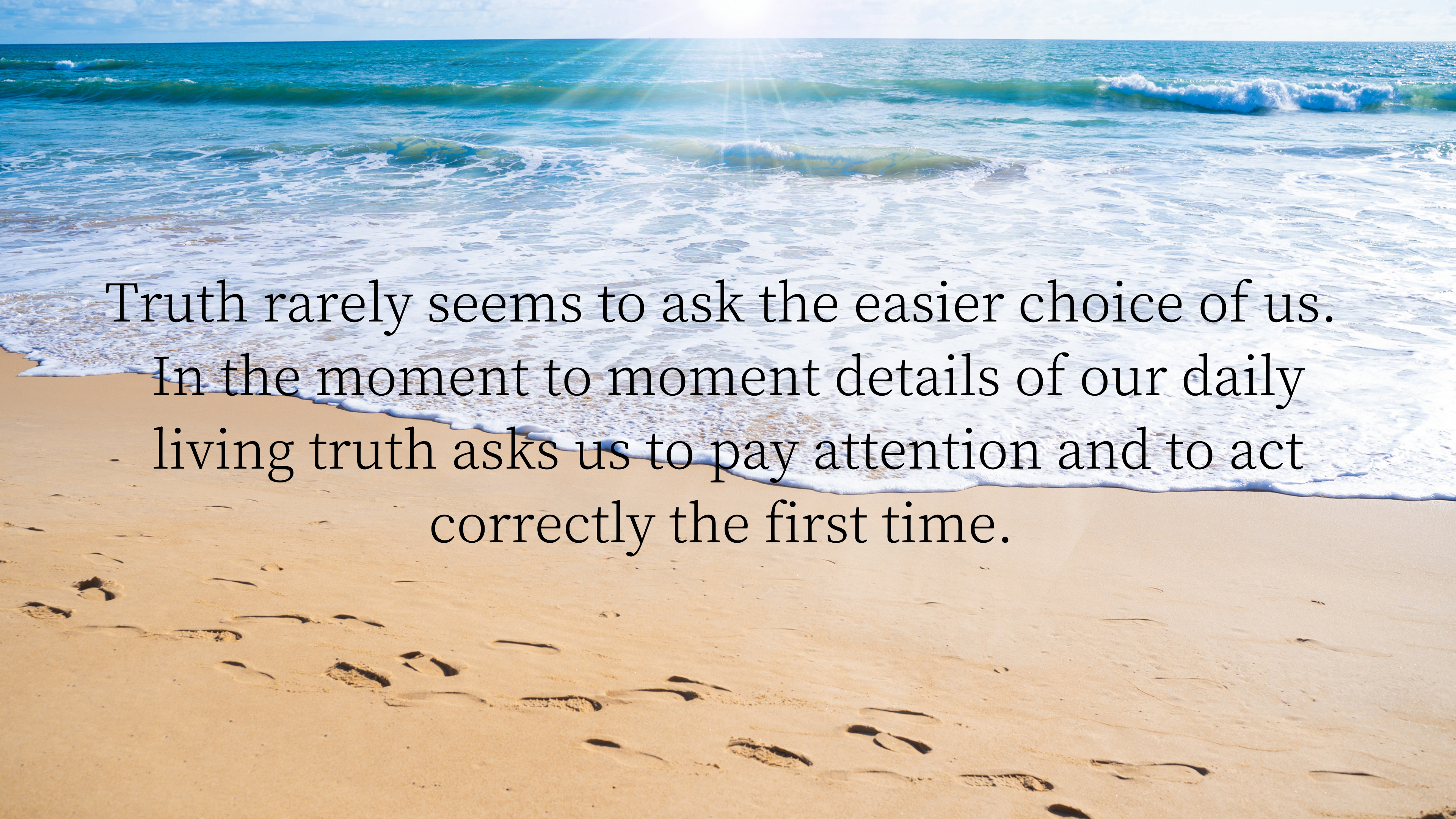
Can you begin to imagine slowly
lifting each vertebra up and off of
each other.

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を
築きたいのかに注目してください。

A scenic view of a beach with waves crashing onto the shore. The sky is bright blue with a sun flare in the upper center. The water is a vibrant turquoise color, and the sand is a warm, golden-brown hue. Numerous footprints are visible in the foreground, leading towards the water's edge.

Truth rarely seems to ask the easier choice of us.
In the moment to moment details of our daily
living truth asks us to pay attention and to act
correctly the first time.



I heal myself and others by speaking the truth.

I speak truth and love without fear.

I can set boundaries and express my needs.