


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。



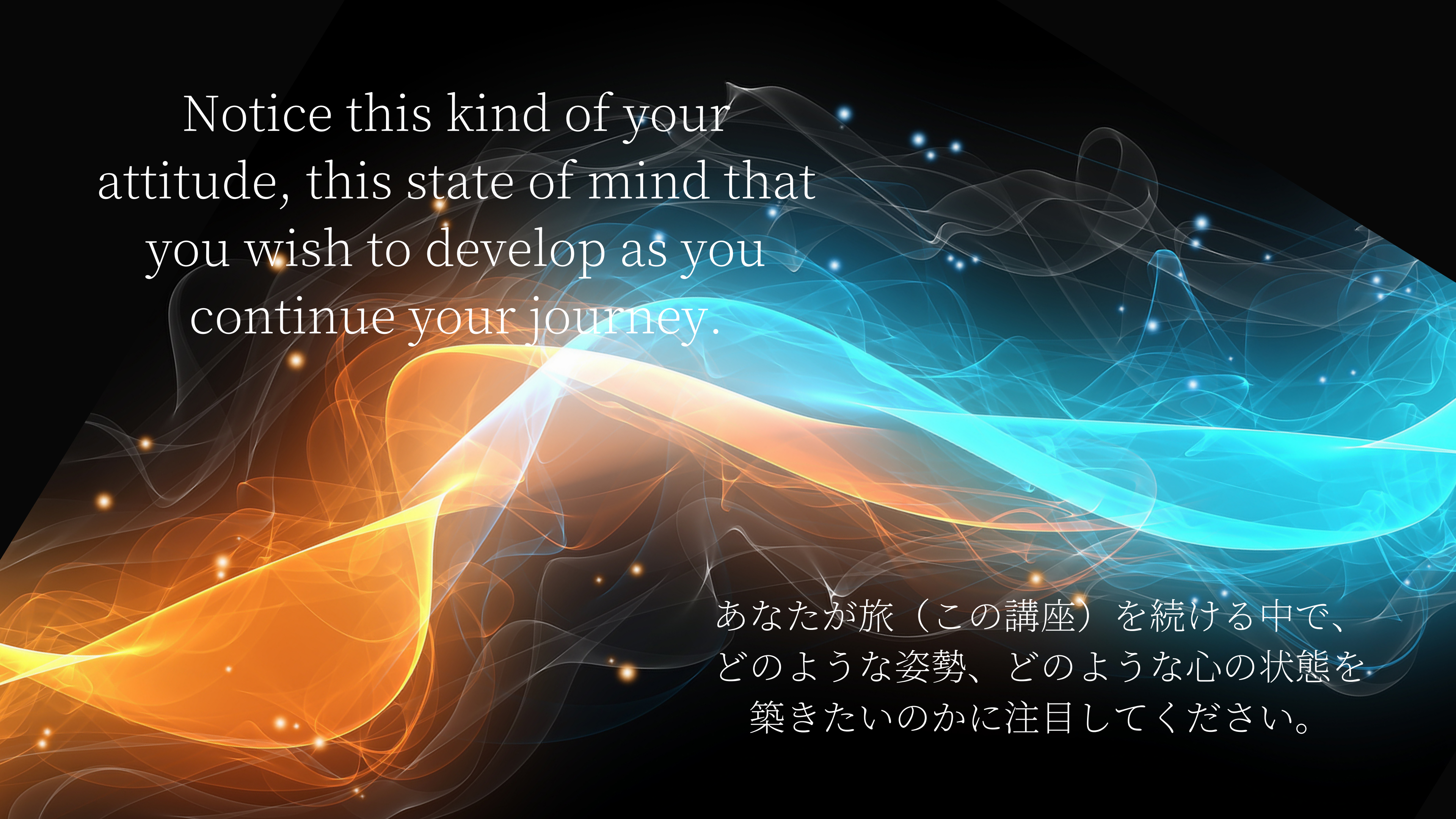
Let's take 3 cleansing breaths
together to fully bring our
tension to the body.

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。



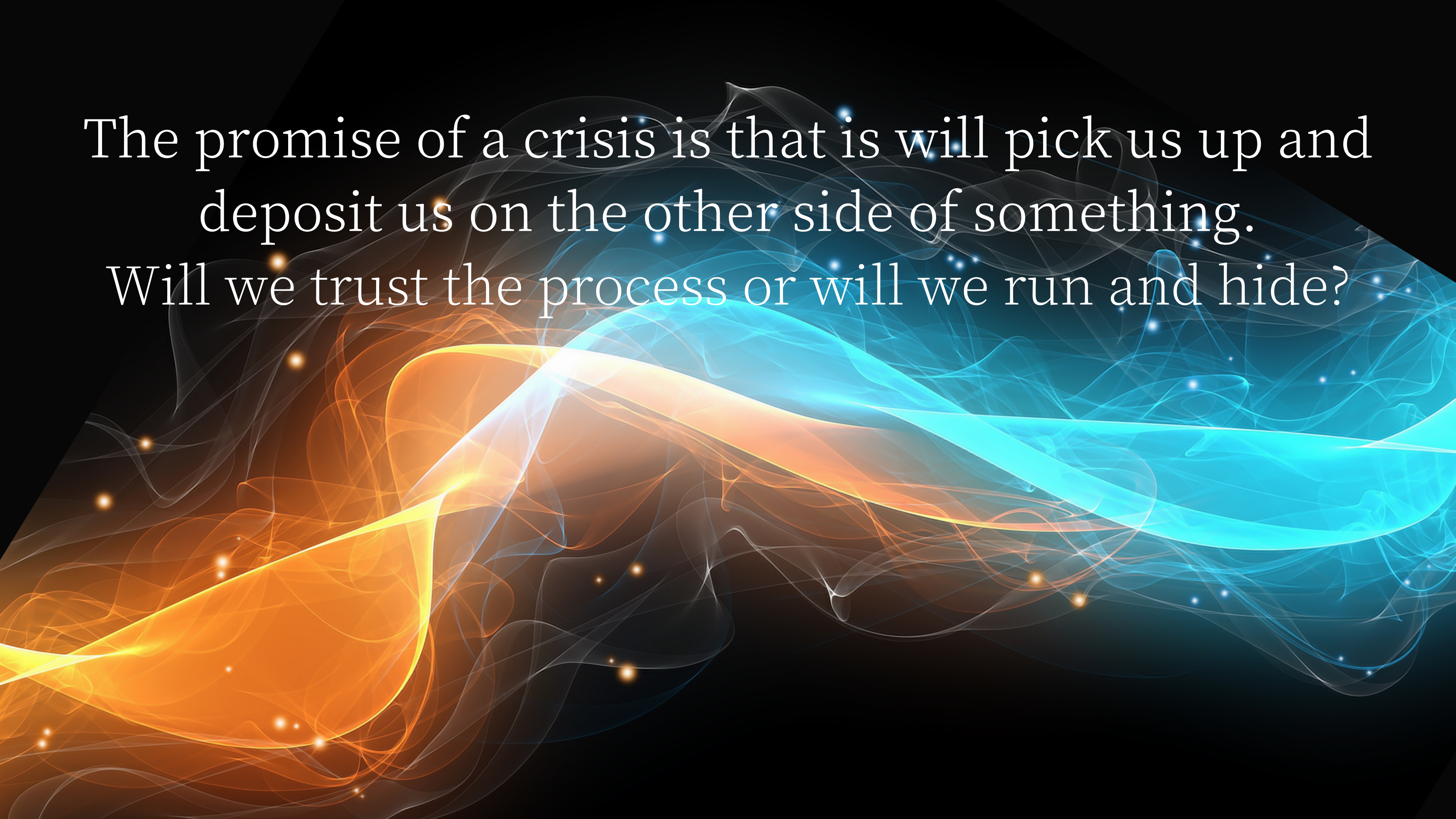
Can you begin to imagine slowly
lifting each vertebra up and off of
each other.

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。

The background features a dark, almost black, space filled with intricate, glowing patterns. On the left side, there are vibrant, swirling waves of orange and yellow light, resembling a flame or a nebula. These waves transition into a more structured, flowing band of bright blue light that stretches across the middle and right of the image. Scattered throughout the scene are numerous small, bright particles or stars, some appearing as soft glows and others as sharp points of light. The overall effect is one of dynamic energy and transformation, suggesting a journey or a process of change.

The promise of a crisis is that it will pick us up and
deposit us on the other side of something.
Will we trust the process or will we run and hide?



Each moment is an opportunity to make a clear
choice of right action.

I am resilient in the face of challenges.
I am in the right place, at the right time,
doing the right thing.