

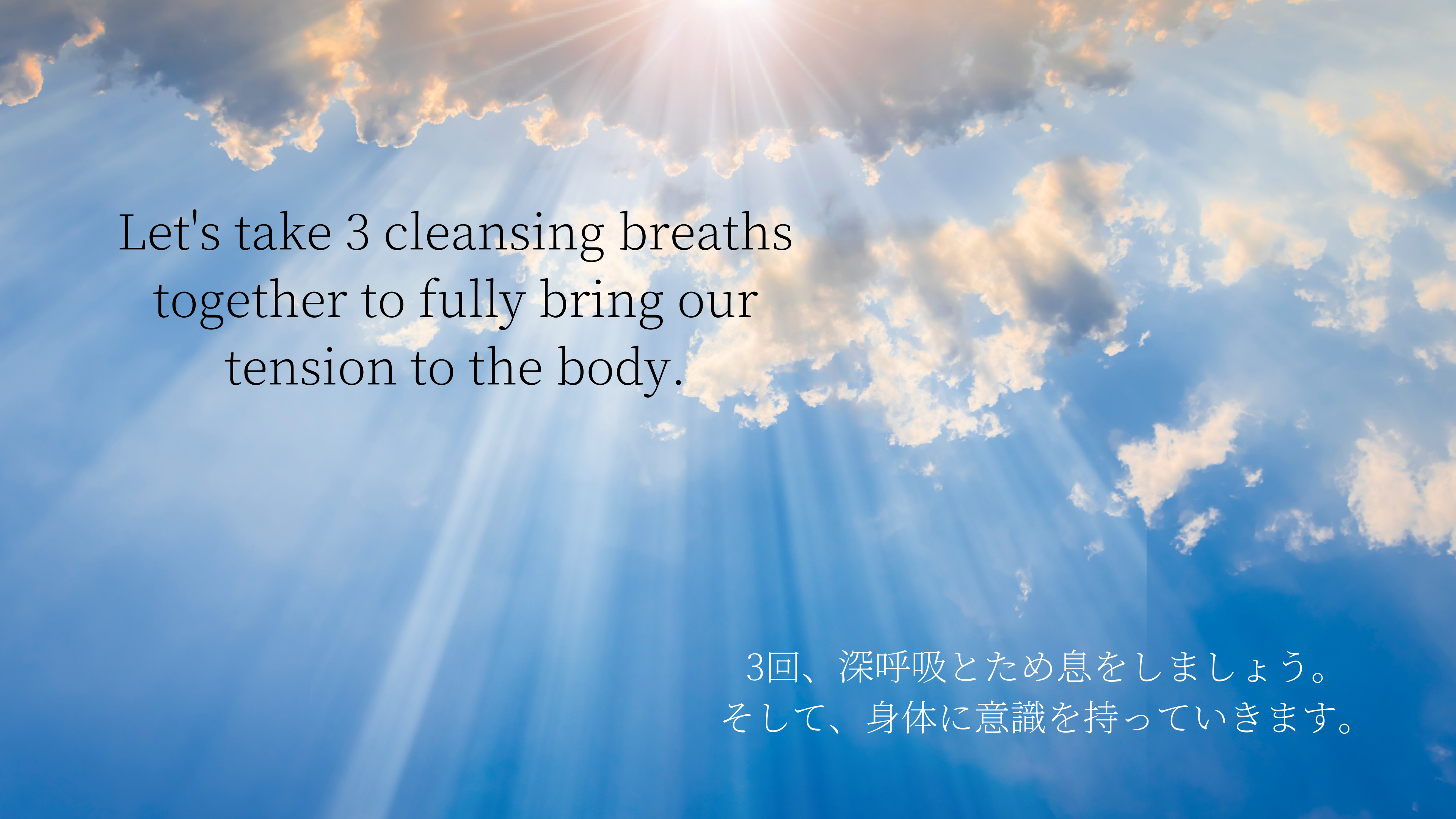
In this meditation, we'll create
space to set an intention on
landing and arriving at our final
destination with focus.

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。



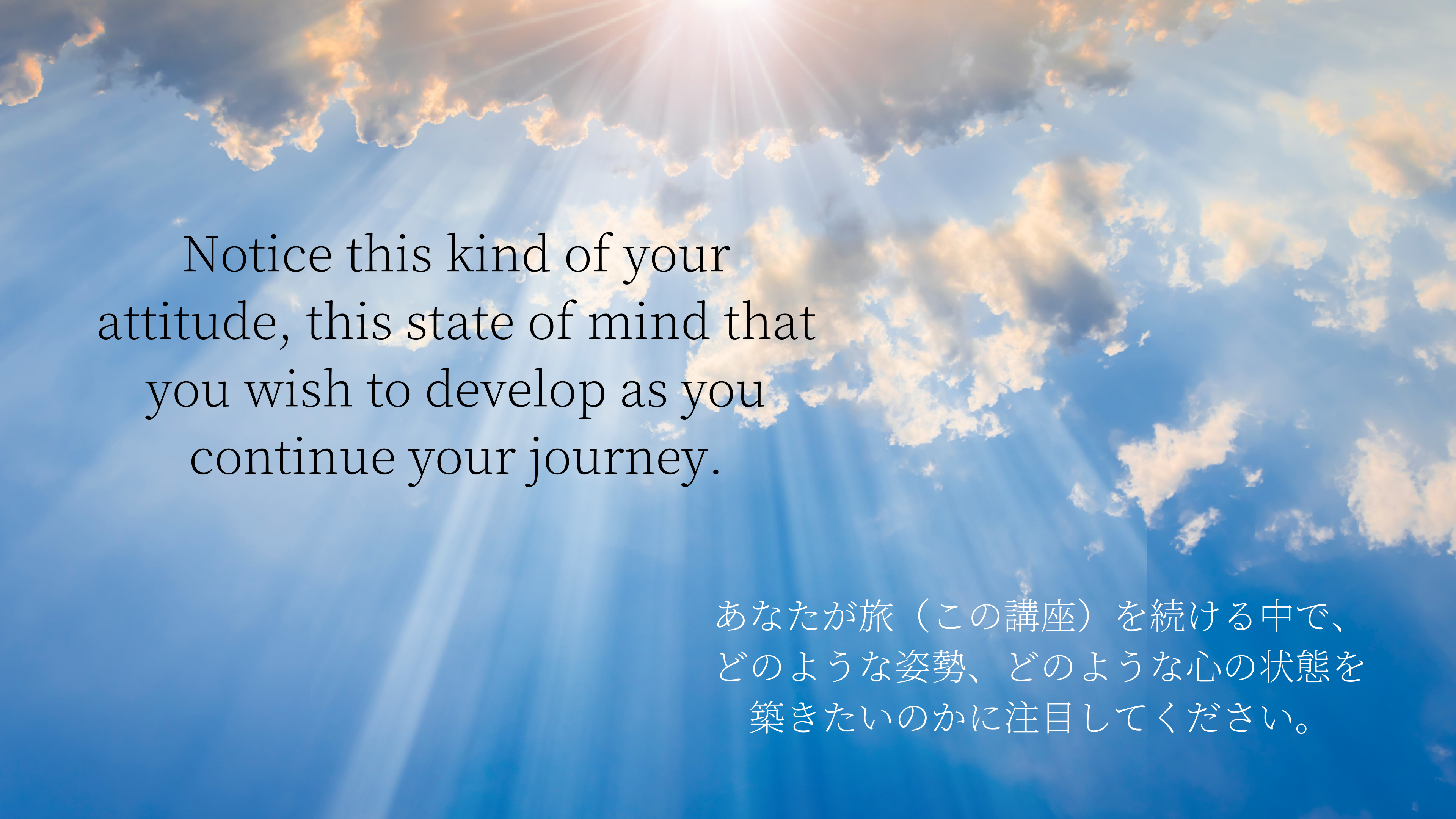
Let's take 3 cleansing breaths
together to fully bring our
tension to the body.

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。



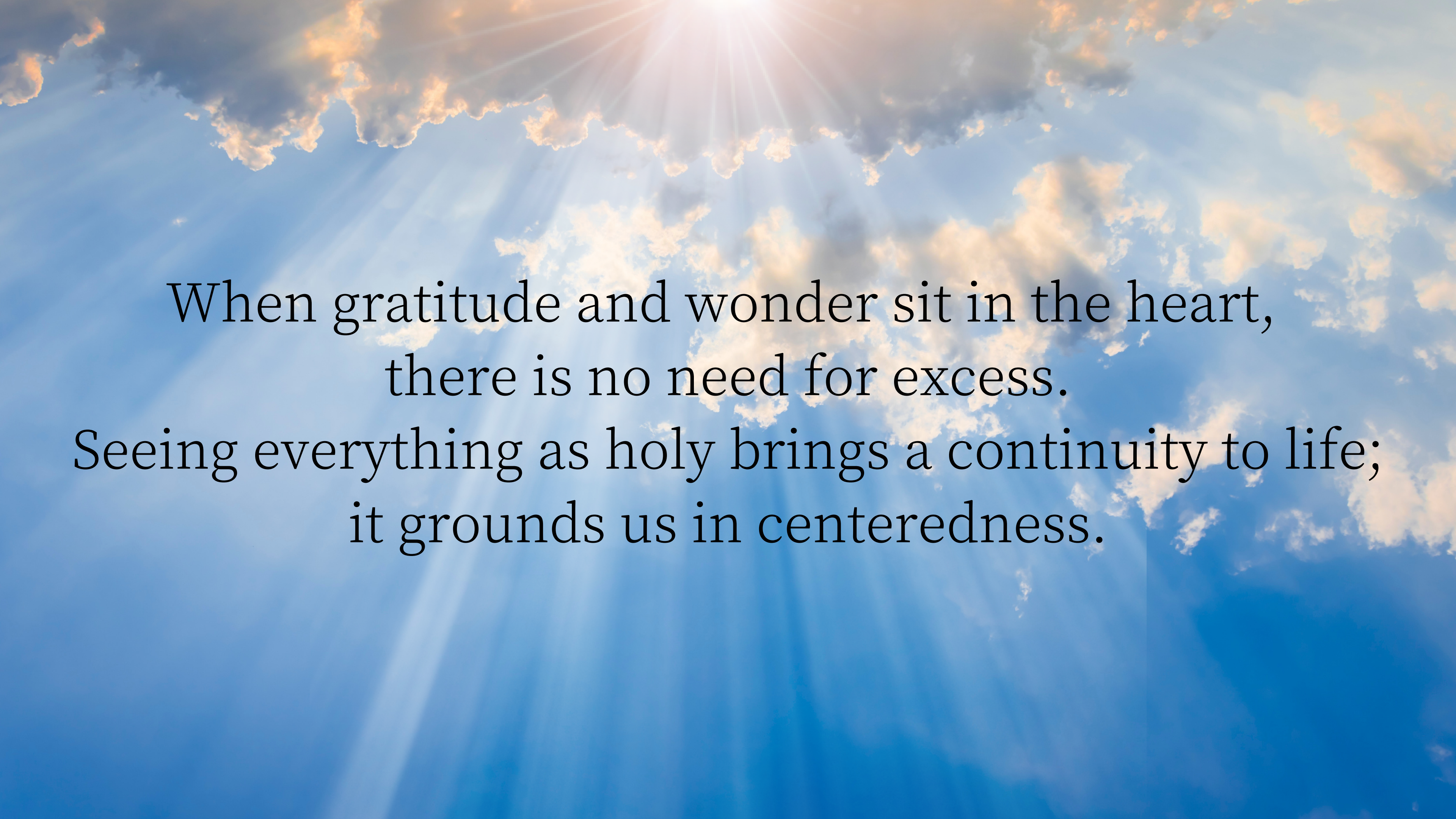
Can you begin to imagine slowly
lifting each vertebra up and off of
each other.

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。



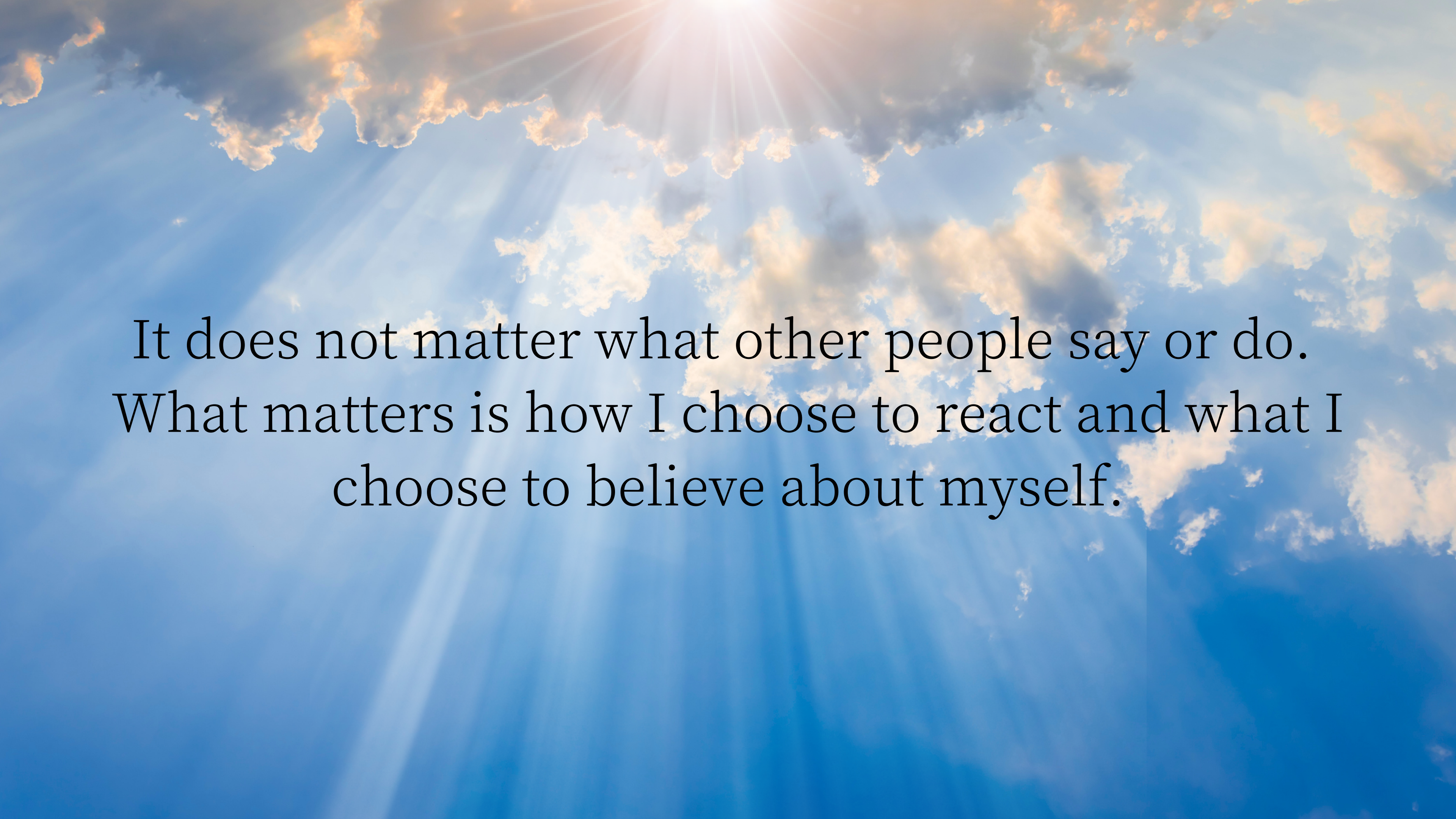
When gratitude and wonder sit in the heart,
there is no need for excess.
Seeing everything as holy brings a continuity to life;
it grounds us in centeredness.



I express deep appreciation for the small
steps I achieve each day.



I create the possibility of happiness for others
by being happy.



It does not matter what other people say or do.
What matters is how I choose to react and what I
choose to believe about myself.