

Purpose Meditation from October 28th Group Call

Tune Up Your Brain, Module Five

Find a comfortable resting position... keeping your spine straight, and your feet on the floor. Rest your hands in your lap.

Feel free to close your eyes, and....

Take a moment to acknowledge yourself for taking the time to be here.... to care for yourself... to be present... to open your heart.

Now tune into your breath, inhale

Notice your chest rising with every inhale and feel the relaxation spreading through your body...

With every exhale, you can feel any tension leaving your body.

Inhale the relaxation

And exhale any tension or stress

As you inhale, notice how one part of your body after another relaxes more and more... Your forehead... your cheeks... Release your tongue from the upper palate of your mouth and relax your jaw...

Relax your face.... your neck... your shoulders... your arms... down to your fingertips... Relax your chest... your tummy... your back... your hips... your legs... ... down to the tips of your toes...

Feel your whole body now... your whole body is totally relaxed...

Now, Let go of your day, whether it was good, or troubled, let it go

Bring all your attention to this moment, where you can see that you are much more than the sum of your day-to-day life.

You are so much more than you ever imagined.

Bring your attention to the point between your eyebrows, to the atman, the center of your knowing. It is the unseen part of you, your soul, the true being that you are

Allow yourself to connect and ask yourself these questions:

Why am I here?



Who do I love?

What do I want?

What do I love?

You alone can communicate with your inner being and focus into your heart...

Ask it "what is my purpose? What do I really want? What do I really love to do?"

If anything and everything is possible, and it is, - your inner being knows this

IN this magnificent universe where everything and anything is possible, and you have a choice, what would make you truly happy?

What would make you feel fulfilled?

Feel your heart speaking to you. Become conscious of your feelings

There is unlimited possibility, unlimited potential.

You deserve to be happy. This world is made for you to expand and to express your inner joy. That is why you are here.

Through the law of attraction, you can create your life the way you want

That is your true purpose.

Everyone's true purpose is to feel joy and love and happiness, in whatever form that takes.

Allow these feelings all the time, regardless of your circumstances

Feel the joy and happiness in being, and in acknowledging your inner being

This is where everything starts

As you experience joy and happiness, your purpose is fulfilled.

Breathe deeply, in and out,

Embrace the feeling of fulfillment, the experience of joy.

Breathe deeply, in and out

Remember this feeling as you continue your day

Breathe deeply, in and out

And slowly, come back to the present,

Feel your body connecting to the here and now, and when you are ready,

Open your eyes.