

The Meditation

Take a slow breath in and release. Again. Breathing in and slowly breathing out.

Imagine standing at the front door of your own life. Not the life you inherited. Not the life you adapted to. The life you're choosing to build.

Take another slow breath in and on the release quietly ask yourself: **Does my life make room for me?** Breathe that in slowly and deeply and release.

Don't judge the answer. Just hear it.

Now say these words, slowly: **I no longer need to build my life around fear. I no longer need to build my life around survival. I no longer need to build my life around proving my worth.**

From today, I will build my life around peace.

Around truth.

Around rest.

Around the person I've become.

Take another breath in and release.

Remember this: **you are no longer surviving your life. You are creating it with intention.**