



InnerMindScape.com

A Functional Medicine Energy Center Resource

“How To” Meditation

I begin with slow deep breaths.

I turn my attention to my heart.

I focus on an elevated emotion.

I breath through my heart.

I focus on a loved one or a favorite memory.

I focus on being happy.

I become aware of emotions buried deep within.

I practice non-judgement.

I let go of negative emotions.

I let go of anger.

I choose to release painful experiences.

I improve my creativity.

I improve my ability to problem solve.

I access inner wisdom.

I feel inner peace.

My life is in balance.

I attract similar thoughts and emotions.

I invite miracles into my life.

I feel good when I meditate.

Meditation reorganizes my stress response.

Managing my thoughts and emotions improves my nervous system.

My nervous system changes gene expression for a healthier me.

My nervous system improves my immune system.

Meditation helps me transform my life.

I am powerful when I meditate.

I manage anxiety by staying focused on the present.

I focus on a gratitude list when I feel vulnerable or afraid.

I am able to sail past challenges through meditation.

I sleep better when I meditate.

I experience more joy in my life from meditation.

Everything I need is inside of me.

I am grateful for the journey of meditation.

