**Level Up**

**Worksheet 5**

Day 21-25

Blessed Love, Blessed 0nes!

Now that we have been introduced to energy from the perspective of the earth, let’s learn how to center our own energy and calm our minds. Adding meditation to your daily or weekly routine will assist you in leveling up beyond this program. Regular meditation also teaches the body how to relax when there is no pressure, this practice makes it easier to relax when we are under high pressure. Muscle Memory, Spirit Memory.

A way to begin to learn how to meditate, or to calm your mind, is listening to your breath and learning its rhythm and how to slow that rhythm at will.

Today we will meditate. Follow the instructions below. I encourage you to practice the motions of this meditation as you read the instructions for the first time.

**Go to peaceful place where you will not be disturbed for at least five minutes.**

**Sit down or lie down comfortably.**

**Close your eyes. Wherever your hands naturally rest, put your palms facing up.**

**Upward facing palms allow us to be more open and able to flow with the energies around us.**

**Now as you remain in a comfortable position, allow your body to relax.**

**Release any tension you have with each exhale.**

**Be conscious of your entire body. You may start with your toes and work your way up slowly…**

**Is there tension in my toes? Exhale to release. Is there tension in my feet? Exhale to release. My ankles? My shins? My knees? My thighs? My butt? My groin? My abdomen? My ribcage? My lower back? My spine? My entire back? My chest? My neck? My Chin? My nose? My face? My ears? My head?**

**Anywhere we find tension we will release that tension on each exhale.**

**Now listen to the rhythm of your breathing. *Your being*. Notice how your entire body inhales and your entire body exhales. Be at peace with your body. If sounds or distractions or thoughts come up, do not fight them, breathe with them. Release them as you released the tension and allow your mind to return to listening to your breath.**

**Allow this to happen for a couple of minutes. Just being.**

**Now visualize the bright infinite energy of the Most High and on your next inhale, inhale deep for 9 counts, hold it for 5 counts and release with 9 counts. Do this three times. Each time filling your entire body up with the infinite light.**

**Now return your breath to normal and slowly open your eyes. We are finished. Smile to yourself. And hold on to your peace.**

How did that feel?

For the remainder of the Program, I would like you to do this meditation at least once a day-when you first wake up. Meditating first thing gives us a chance to tune in to ourselves and be more prepared for the day ahead.

Allow yourself 5 minutes every day you rise! You can do this!

Many Blessings!