

## The Mirror Meditation

Get as comfortable as possible with your eyes closed.

Tense up your forehead and relax it. Tense up your face and relax. Tense up your neck, relax. Your shoulders, relax. Your chest and back, hips, legs, shins, feet, arms, and hands, relax.

Take a deep breath in and imagine the number 10 as clearly as possible in your mind, breathe out.

Take a deep breath in, imagine the number 9 as clear as you can in your mind, breathe out.

Deep breath and imagine the number 8, breathe out.

In and 7 as clearly as possible, breathe out.

In and 6, out, in and 5, out. In and 4, out. In, 3, out. In, 2, out. In, 1, out.

Now imagine a staircase with a railing in your mind. You can make it out of anything you want. It can be made of anything, stone, grass, glass or even clouds or water.

Now imagine you are standing on the top step with your hand on the railing.

Take a deep breath in and see, in your mind, the number 10 on the top step and then step down to number 9. Deep breathe in down to 8, in down to 7, down to 6, to 5, 4, 3, 2, 1.

Now imagine a door in front of you. Grab the knob, turn it, enter the room and close the door behind you.

Imagine a mirror in this room that views the entire back wall with your whole self included.

Think of yourself at your very worst and see that person in the mirror. -

Now change that picture into what you want to be at your very best. -

Think of what you want your world to look like in 5 years and imagine it in the mirror. Your home, friends, family, self, everything about your life, the way you want it to be in 5 years.

Now imagine your world in 10 years.....20 years.....imagining all your dreams coming true.

Now think about how you got there. What did you do to make all of this happen? What all took place?

Now imagine the numbers on the stair as you go up to the top. 1,2,3,4,5,6,7,8,9,10. Open your eyes and feel awake and happy.

Write down all your goals that lead to your dreams coming true.