

Gratitude Meditation

It's best to R.P.M.

Rise, Pee, Meditate! Lol!

Please set your alarm to wake up five minutes earlier and do this wonderful meditation practice every single morning. It will change your life! You will feel less stress, less anxiety, more calmness with extreme focus & clarity. Annoying stressful situations will flow through you rather than you just reacting to them. It lowers your blood pressure as well as releases human growth hormone and rejuvenates your body and soul. It also reduces pain in your body. It puts your body in healing mode and strengthens & improves your immune system; Reiki does all that as well. Most of all it gives you a sense of inner peace and well-being.

[Link to Meditation](#)

Blessings & Abundance

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Life solutions for your Heart and Soul