



# LIVE FREELY CIRCLE

## Meditation Practice Tips

Starting a meditation practice gives you an opportunity to learn more about yourself. It gives you a chance to reconnect to your intuition, it helps you get out of your head and brings peace to your heart.

Here are a few tips for getting started:

\* Create a Meditation Space:

- Pick a place where you will meditate every day.
- Make sure you are comfortable where you decide to sit.

\* Pick the Same Time Each Day:

- Decide which time of day you will practice meditation.
- Make a commitment to sit in your sacred spot once a day at that time.

\* Connect to Your Breath:

- Start each practice by connecting to your breath. Breathe in peace. Breathe out ease. Get comfortable. Softly smile. Close down your eyes. Focus on your breath. Inhale, exhale. You can even try counting your breaths. 1...2...3... Let yourself relax.

\* Set an Intention for Your Practice:

- Listen to any messages from your heart. Why are you practicing meditation? Remember the peace, clarity, love and joy you are inviting back to your life. Let that guide you.

\* Be kind and gentle to yourself.

- Your thoughts will wander. Gently bring your attention back to your breath. Remember there is no "right" way. Don't force anything. Just keep sitting and keep practicing. Stay open and trust the practice.



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## Mindfulness Journal Prompts

- 1) What is working well in your life right now?
- 2) What is a reoccurring challenge that you are ready to break free from?
- 3) When do you feel most present?
- 4) How do you feel about doing more than one thing at a time?
- 5) What does mindfulness mean to you?
- 6) Stop and notice your breath. Take a deep breath in and out. Breathe in peace. Breathe out ease. Let go of any tension. Notice how it feels in your body when you connect with your breath and let go.
- 7) What brings flow and ease into your life? When do you feel most at peace?
- 8) Make a list of all the things you love doing. What inspires you?
- 9) What do you worry about? When do you feel stuck in your head?
- 10) What do you do to nourish your creativity? This week focus on doing things that get you out of your head and help you reconnect to your heart. Do things that inspire your creativity!



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## Mindfulness Mantras

A mantra, or affirmation, is a positive word, phrase or sound that you can repeat to help you concentrate as you set intentions that support your highest good in life. The practice of repeating mantras can give your mind a mini-reset in your day. It can help you break free of stress, anxiety and worrisome thoughts and bring peace, calm and clarity to your body, mind and spirit. Practice repeating a mantra for one minute each day and notice how it makes you feel.

- \* I stand in my power.
- \* I am a powerful force.
- \* I am loved.
- \* I love myself.
- \* I am grateful.
- \* I am cherished.
- \* I accept myself.
- \* I accept others for who they are.
- \* I am connected.
- \* I am still.
- \* I am at peace.
- \* I trust myself.
- \* I trust the unfoldment of my life.
- \* I trust the Divine.
- \* I am safe.
- \* It is safe to be me.
- \* My body is my temple.
- \* I am beautiful and radiate light.
- \* I approve of myself.
- \* I surrender.
- \* I am present.
- \* I am worthy of love.
- \* I live in unlimited abundance.
- \* I am grateful for my blessings.
- \* I am whole.
- \* My life is a gift.
- \* I matter.
- \* Money comes easily & effortlessly into my life.
- \* I am well.
- \* I lead with light and love.
- \* I am joy.
- \* I am wonderfully unique.
- \* I am courageous.
- \* I am a creative being.
- \* Everything I need is within me.
- \* I make time to nourish my heart and soul.
- \* I trust the timing of things.
- \* I am patient and at peace.