

Let's start by breathing slowly...
Deep long breath in.
Slowly release your breath.
Take another deep breath in.
Slowly follow the breath out.

Imagine yourself days after conception.
Tiny cells dividing over and over.
Nothing but energy and information.
No thoughts, just existence.

Now imagine a few more weeks.
Your tiny heartbeat is now visible.
Delight in the mystery of your own
Tiny heart beating.
Watch as your heart gets bigger.

Now you're five months past conception.
Your heart is strong and steady.
Your heart is keeping you alive in your mother's belly.
Give your young heart love and gratitude.

Now you're a six month old baby.
You're discovering your new world.
Your heart is beating steadily without fail.

Now you're a grown adult.
The age you are now.
Give thanks to your heart.
Imagine you can see it.
Imagine you can hold it with love.
Imagine you can dance and twirl
and bless your beloved heart.
Thank your heart for everything you have.

Breath in love for your heart.
Breath out love for your heart.

Now feel your feet.
See the tiny toes of your baby feet.
Imagine you are feeling the sand
For the first time.
Imagine you are feeling water
for the first time.

Imagine you are taking your first steps.
Imagine you are kicking your feet in water.
Imagine you are jumping on a bed.
Imagine you are dancing.

Feel your feet.

Give thanks for all they've done in this life:

Kept you balanced, walked with you,

Ran with you, kept you safe, solid, and upright.

Now see your tiny hands.

Fingers you discovered for the first time.

A thumb you put in your mouth.

A tiny fist that kept you company in the crib.

Now see your hands waving hello and goodbye.

Feel your hands safely clasped to another you love.

See your finger pointing to new things.

Thank your hands that held a pencil, typed a keyboard,

Played a piano, drew a flower.

See your grown hands and give them a blessing.

Continue this with all the parts of yourself you wish to thank:

Eyes...

Ears...

Mouth..

Breath in love for your whole body.

Breath out love for the life force

That brought you here.

Become aware of your surroundings.

Slowly wake with an ease and

renewed love for your body.