

 **Release and Renew: Seeing Your Healthy Self**

(15-Minute Guided Meditation)

I invite you to get comfortable, feet flat on the floor, hands resting in your lap.

You can close your eyes or simply soften your gaze.

Take a deep breath in... and let's begin.

Today is a short inward journey — a time to release what's been weighing you down... and to meet the healthiest version of you.

You don't have to do anything perfectly.

Just allow yourself to breathe... listen... and imagine.

Place your feet flat on the floor.

Let your hands rest comfortably in your lap.

Take a slow, deep breath in... and a long, easy breath out.

With each breath, feel your body settling... shoulders softening... jaw relaxing... eyes resting.

The chair supports you. The floor supports you.

You are safe. You are here.

Now imagine you're standing beside a gentle stream — clear, flowing water that knows how to carry things away.

In your hands, you hold small stones — each one representing something in your life that no longer works. Maybe an old habit... a belief... a burden that feels heavy.

You don't need to name them — just sense their weight.

When you're ready... toss them into the water, one by one. Watch each stone disappear beneath the surface... carried effortlessly downstream.

With every release, feel yourself becoming lighter... freer... more open to what's next.

You might even whisper inside: *I let go of what no longer

serves me. I am free to begin again.*

Now that you've created space within yourself, imagine a soft path of light unfolding ahead of you.

Begin to walk along it... each step lighter than the one before.

In the distance, you see yourself — your healthiest, most vibrant self — walking toward you... smiling.

Notice where you are. Are you outdoors, in nature, in a favorite peaceful place?

Look closely. How do you move? What expression rests on your face? What are you wearing?

Feel the strength and ease in your body — the calm energy flowing through you, the freedom in your breath.

Ask yourself softly: *How far in the future is this?*

Trust the first answer that comes — maybe six months... a year... or more.

Stand beside this healthy version of you. Feel the vitality surrounding you — merging with you — reminding every cell of your natural capacity to heal and thrive.

Breathe it in — the balance... the peace... the energy of wellness — and let it settle deep inside.

Now bring your hands to your heart and thank yourself — the you who released, the you who envisioned, and the you who already lives this reality.

Know that every small act of care from this moment forward draws you closer to that health and wholeness.

Take a deep breath in... and exhale any remaining tension.

Begin to bring your awareness back to the room — feeling the air on your skin... the sounds around you... the floor beneath your feet.

Wiggle your fingers and toes.

When you're ready, open your eyes.

Carry that vision of your healthy self with you — the lightness, the strength, and the calm knowing that you are already becoming who you came here to be.

Repeat daily for optimum results.