

FREE NEWSLETTER COPY

A MEDITATION

For the Worried Self-healer



WRITTEN BY GRACE WONG

Hello.

Today is a new day filled with possibilities. Ones you can see right at this instant and ones you can't even fathom will join you later in the day.

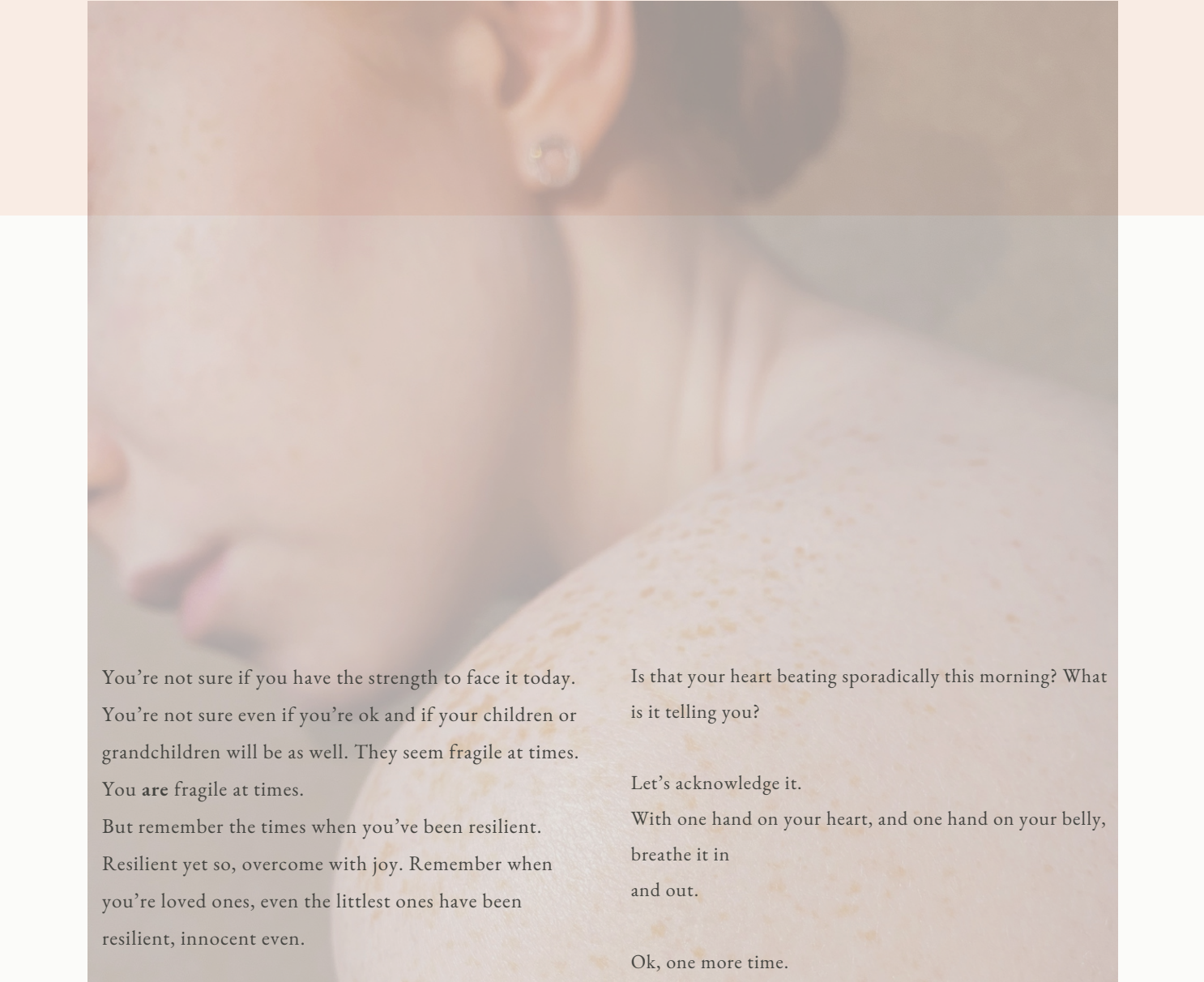
But I know that perhaps lurking in the holes of your mind are other doubts, fears, scenarios of things ending for you, going wrong. After all, you have an entire list of tasks to complete.

Are you going to start juicing again today? Did you get all the right fruits? Have they gone bad?

Or maybe you're feeling lethargic and you wonder:

Was that sip of alcohol too much? Are my adrenals maxed out? I have to get my kids to school, but I'm so tired...

Then, it continues: *How am I going to tackle the day when we live in a modern world where toxicity exists in our food, in our cabinets, in the shampoo, soap, and the list goes on. I can't believe we are living in an ongoing pandemic that could be real or maybe it isn't. It's real when my family member dies and it's not real when everyone is safe. But we are all just floundering and finding our way past our stressful jobs anyhow, and we are all just filled to the brim with toxicity and having to take pills or shots that don't work...*



You're not sure if you have the strength to face it today.
You're not sure even if you're ok and if your children or grandchildren will be as well. They seem fragile at times.
You **are** fragile at times.
But remember the times when you've been resilient.
Resilient yet so, overcome with joy. Remember when you're loved ones, even the littlest ones have been resilient, innocent even.

It's going to be ok. Let's not let anxiety and depression steal the day right from underneath. Perhaps, it did yesterday, but today's a fresh day. There is the potential for a major shift to occur, as you get out of bed and put away your phone. Or when you meet a delightful new someone. Or when you succeeded at maintaining your sugar fast for even a day. Or when your daughter aces her test. Or when you finish your work project with better feedback than you expected.

Is that your heart beating sporadically this morning? What is it telling you?

Let's acknowledge it.

With one hand on your heart, and one hand on your belly, breathe it in and out.

Ok, one more time.

Let's breathe in love.

Let's breathe in faith that all will be well. And if it's not well, then it's not the end.

It's ok if you cry. Release it.

Give your own prayer.

Ask for guidance, for wisdom, for freedom. For the eyes to see and the ears to hear what you need for today.

Now move your neck in a circle slowly. Take three more seconds of breaths

Of Silence.

Now,

are you ready to be a presence of light?

You can do this.

and you will be well.