

Find yourself in a comfortable seated position. Use a meditation cushion or seat if you have it. You can use whatever seated relaxing position as long as it makes you feel comfortable and it's completely pain-free.

Take your time to find your space.

Sit up nice and tall, keep your shoulders relaxed, close your eyes and breathe. Lay your palms softly on your thighs...

Once you find your moment take a deep breath in through your nose and exhale out from your mouth.

Take a moment to appreciate and acknowledge being present.

Let's work our way to love.

What is the reason that you forget to love yourself... your confidence... try to forget about it... try to reset what you think, you know, and start again from scratch.

Enjoy this moment as a complete moment of freedom.

Your mind is lighter... free from all the negative thoughts... ready to get nourished with some positive vibes... for a new dose of real, profound, grounding trust.

Keep in mind that love is not something you have to look for... this is something that is inside of you... hidden from a surface made up of worries, schedules, social masks and a wrong negative conception of yourself... you just have to release some love... give it a chance to shine... to lead you.

What you have to look for is the perfect combination of your body and soul... a balanced, serene mood and attitude, that feels like you're preparing a fertile soil to grow amazing, beautiful flowers as divine insights from a higher and more caring version of yourself... getting ready to release all your magic.

This is the day and the time to let your walls down and feel free to show up with no defenses, vulnerable, widely open... with an open heart.

Take a long deep breath in and a long deep breath out... listen to the sound of your breathing becoming heavier and heavier at every breath you take... use this moment to focus on your emotions, on how you feel...

Focus on your breath to create a regular sooth and intimate environment to cultivate a new improved mindful and open mindset.

The sound of your breath with its vibrational frequencies will show up, and it will spread all over your body nourishing at a different stage, a deeper level.

Release your sense of discomfort, of loneliness, of insecurity. Experience the present moment... because it's time to heal... heal your emotional wounds, feeling grateful for yourself once again...

Focus on one particular thought: think about the one thing you love about yourself.

Inhale and smile quietly to yourself... practice kindness... be your own friend... exhale out with a sigh.

You just have to do this with love... with loving caring gestures... a little bit every day... baby steps... explore your body... your mind... your emotions... how you really feel.

Acknowledge it and keep things going... but this is not a race... this is not a challenge... this is the time of your life to reconnect with your true higher self... this is your time to spread your little wings and soar... higher than before... stronger than before... better than before.

Take a deep breath and visualize a door.... with you, exhaling, try to open the door with all your energy, your power... your new confidence, and love.

You can find other meditation scripts [here](#).

See the light waiting for you on the other side... this is the warm wave of love that you deserve for what you really are... your inner magic you often try to hide it's now ready to spread all over your life.

Connect to that magical light and enjoy every single ray you see, feel it all over your face, your heart, your spirit.

Take another deep breath with a sigh... rub your hands together and generate a little heat between them.. once they are warm put them on your eyes.

Take these last precious moments to acknowledge your commitment to this practice, to bring that light, that magic with you in your daily life.

When you are ready, put your hands down and gently open your eyes.

Namaste