

BEING PRESENT ON THE JOURNEY TO MATERIALIZE YOUR DREAMS AND GOALS

by Ines Nangue - NurtureBodyandSoul.com

A SIMPLE MEDITATION



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Smile

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SMILE

Just smile right now. Notice how it makes you feel. Does it feel like you with joy? In this present moment, it feels like me with joy to smile and also to imagine your beautiful SMILE now.

SAY THANK YOU

Inwardly say Thank You. For this moment, for being alive, for reading this, for smiling, for achieving your goals, for the people who have inspired you in your life, for whatever you're grateful for in this moment.



Say
Thank You

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Breathe

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BREATHE

Now take a slow deep breath. Slowly inhale, as long as you can, your stomach is supposed to slowly increase in volume when you inhale. Then exhale as slowly as you can and empty your stomach completely. You can close your eyes and repeat as much as you want.

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Focus

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FOCUS

Slowly inhale then exhale. Put your attention on the air that you inhale and exhale. Feel the air entering your nostrils when you inhale, imagine it travel to your stomach slowly. And then come back up to your nostrils when you exhale.

VISUALIZE

Now visualize how the air that you inhale brings you light and love, life force, life energy. Life energy permeates all the cells of your body, which joyfully and thankfully receive it, like a breath of fresh air after a long awaited abundant rain.



Visualize

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Receive

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RECEIVE

See in your mind's eyes how that Life energy brings you all that you think you need, love, health, joy, enthusiasm, answers and solutions, inspiration, focus, beauty, strength, wisdom, etc. Feel the gratitude for receiving all this and so much more than you can imagine just in the present moment.

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Feel
Elevated Feelings

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FEEL

Slowly inhale then exhale. Put your attention in your heart and feel all those elevated feelings of presence, love, enthusiasm, gratitude, certainty, inspiration...

Feel free to repeat whatever step you'd love to repeat.

ENERGY

Now hold your breath for as comfortably as you can between inhale and exhale. Imagine a swirl created by the air within you when it gathers all the stuff that you no longer need. It transforms it in pure light and love.



Transform
Energy

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Let Go

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LET GO

That swirl prepares to bring out of your body all that doesn't serve you anymore, so LET GO.

Whatever it is, let the life force attract it all in the swirl and transform it. Then slowly exhale, allowing light and love to spread into the world

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Send
Love & Light

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LOVE & LIGHT

Visualize a sphere of light and love at your core, getting bigger and bigger as it grows and expand beyond yourself, beyond your house, beyond your city, your country, your continent, planet earth, the solar system and the whole universe as you can imagine it.

BE INSPIRED

*You might get tears in your eyes in this process and this is totally fine. Those are probably tears of inspiration and gratitude, for everything as IT IS.
THANK YOU, I LOVE YOU*



*Hi, I'm Inès
creator and writer at
nurturebodyandsoul.com, mother of 3
kids, philanthropist and multi-
passionated life lover, dedicated to
helping you materialize your biggest
dreams and goals using your inner
wisdom, and create the fulfilling
balanced life you most want to live.*