

Morning Meditation

I am here.

I am grounded,
grounded,
grounded.

I am lifted,
lifted,
lifted.

I am protected,
protected,
protected.

I am connected,
connected,
connected.

I am here.

I am gritty,
yes, I am.

I am an author and a teacher,
yes, I am.

I am intelligent,
yes, I am.

I am brave,
yes, I am.

I am kind,
yes, I am.

I am true,

yes, I am.

I am creative,
yes, I am.

I am holy,
yes, I am.

I am all these things
so that I can fulfill my life intentions:
to be a creative maker,
a good friend and partner,
with an abundance of health
and wealth in all its forms,

So that I may
enjoy my life and home,
tend to my field,
and put my ass
where my heart wants to be.

So be it.
So be it.
So be it.
So be it.
So be it.

I open my arms wide
to accept and appreciate an abundance of blessings—
blessings I've imagined
and blessings beyond my fondest dreams,
blessings from the top of my head,
all through and around me
to the soles of my feet,
blessings so that I may be
a blessing to others.

Ahma.