

I am Silent and Listen

When you stop and let your mind be still, even for a moment, you open a space that allows your inner child's voice to be heard.

To quieten your mind and bring it to stillness, simply take 3 deep breaths in and out. Focus on your breath and let your mind fall into a space that has no thoughts. When a thought floats in, observe it, then let it go as you bring your focus back to the breath.

FIND MOMENTS TO BE PRESENT

I can be silent and in the moment when I brush my teeth, have a shower, make the bed, or even as I am waiting for the jug to boil.

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