

Guided Meditation Affirmations

Saying these will help bring your attention inside and to that place above your head where meditation occurs. You can use them to awaken your inner energy or to help you get into meditation. Say each one a few times silently inside, with sincerity. Using these exact words is not as important as the meaning, say what feels right to you.

Make your self comfortable before starting, take a few deep breaths and relax. Use your right hand and put it on the left side of your body. Try and bring your attention to where your hand is while you say the affirmation. In that way your attention will also rise as your hand does.



1) Place your right hand near the bottom of your stomach. Say "please may I have the pure knowledge."



2) Place your right hand on the middle of your stomach. Say "I am my own master. I am my own teacher."



3) Place your right hand on your heart. Say "I am the spirit."



4) Place your right hand on your neck where it meets your shoulder. Say "I'm not guilty."



5) Place your right hand across your forehead and press it hard. Say "I forgive everyone."

5a) Move your hand to the middle of the back of your head. Say "I forgive myself."



6) Place your right hand on the top of your head with your palm over the spot that's soft in a baby. Say "Please may I have my self realization."