

Meditation for Becoming Your True Self

Written by Olivia Lynn Schnur

Sit down in a comfortable position, and make sure your limbs are fully supported. Take some time to roll your shoulders, adjust your sit bones and relax your muscles. Make sure you will not fall out of your chair if you become relaxed. When you are ready, close your eyes or look at a neutral point a few inches in front of you.

Imagine that you are looking down at newborn baby. You see that this baby is loved and cared for. There are many helpers in the room to support the child's growth: parents, doctors, nurses and loved ones. Although you cannot see or interact with these people, you know they are there, and you feel their support for the child.

Now, imagine giving your unconditional love and support to this newborn child. Feel your heart fill with love and adoration for this sweet infant. Notice how pure, innocent, and good this baby is. Notice how the child is filled with good intentions. Their only needs are to be loved, fed, cared for, and nourished. Is there anything else this child needs? Imagine giving them those things.

Now, imagine watching this child grow up. See how their needs change, but their need for love and nourishment remains the same. See how the child is loved, supported, and protected. Imagine a white light surrounding this child, protecting it from evil, hardship, loss, or betrayal. Notice how bright their light shines.

Imagine the person this child grows into. What do they love to do? Who surrounds them? As an adult, what careers do they gravitate towards? What kinds of hobbies and interests consume their time? Notice the quality of their relationships.

Now, imagine this child is you. This child is your true self. You are filled with innocence and good intentions. Your heart is filled with love, and you give love freely.

Come back to the present moment, with your eyes remaining closed. Imagine filling your heart with a white, soft light. Feel the light radiating love, positivity, and strength. As you breathe in the light grows. As you breathe out, the light begins to fill your entire body. Keep breathing until your entire aura is radiating with a soft, white light.

Come back to the present moment. Open your eyes. What do you notice?

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