

## Day 5: Healing Meditation

**Step 1:** Sit comfortably. Use a backrest to help maintain an erect posture. Do not cross your legs, and keep your hands open.

**Step 2:** Repeat out loud the two words: 'I am. I am.' Close your eyes and whisper the words to yourself. Close your eyes and repeat the words in your mind. Continue to repeat the words in your mind for **5-10 minutes**.

**Step 3:** Keep your eyes closed and bring your awareness to your heart. Try to see, sense, and feel your heartbeat. Attempt to sense your heartbeat as a sound or sensation.

**Step 4:** First, bring your awareness to your hands. Second, bring your awareness to your fingertips. Feel your heartbeat in your fingertips. You have diverted blood flow to your hands. This is one of the fastest ways to relieve a migraine headache!

**Step 5:** Bring your awareness back to your heart and mentally repeat these four words: Peace. Harmony. Laughter. Love.

**Step 6:** Continue to repeat the four words and move your awareness anywhere in your body you would like to bring healing to. Bringing your awareness to different parts of your body will bring about consciousness, which is healing.

**Step 7:** Return awareness to your heart and repeat the four words for one minute.

**Step 8:** Keep your awareness in your heart for one minute and experience gratitude. Think of things you are grateful for. The more you experience gratitude, the more you will attract things in your life that will make you feel grateful for.

**Step 9:** Relax in to your body and slowly open your eyes.

