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original on January 31, 2019. Retrieved January 31, 2019. Berry, Wendell; Stephenson, Wen (March 23, 2015). "The Gospel According to Wendell Berry". The Nation... 126 KB (9,377 words) - 20:20, 16 March 2024

influences from psychologists Abraham Maslow and Carl Jung, Buddhist meditation master Chögyam Trungpa, and Zen master D. T. Suzuki. After he was fired... 166 KB (13,715 words) - 10:24, 14 March 2024

Archived from the original on 7 November 2023. Retrieved 21 March 2021. Stephenson, Alex (27 July 2018). "Daughtry – Cage to Rattle". Sputnikmusic. Archived... 432 KB (24,938 words) - 00:19, 6 March 2024

Guided Sleep Meditation, Deep Sleep Talk Down to Fall Asleep Fast, Relax, & Rejuvenate - Guided Sleep Meditation, Deep Sleep Talk Down to Fall Asleep Fast, Relax, & Rejuvenate by Jason Stephenson - Sleep Meditation Music 47,420 views 2 days ago 3 hours - #forsleep #sleepmeditation #jasonstephenson #guidedmeditation, #sleeptalkdown © JASON STEPHENSON, & RELAX ME ...

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draw your attention to the center of your chest

breathe into this area of your body feel your heart expanding and softening with each full breath

breathe deeply into the base of the spine

trust the guidance of my intuition

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5 Guided Meditations for Sleep

Bonus 1 hour of forest music/sounds

Jason Stephenson

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So Take this Opportunity Now To Witness the Breath To Simply Observe Its Depth and Rhythm Allowing It To Deepen as You Naturally Ease Your Way into this Period of Darkness Draw Your Attention to the Stomach Noticing the Way the Breath Follows Suit as We Consciously Welcome Our Breath into the Belly We Initiate the Body's Relaxation Response Lowering Stress Hormones Blood Pressure Muscle Tension and Our Breathing Rate Inhale All the Way into the Base of the Spine and Then Exhale Completely Softening all Muscles as You Surrender a Little Bit Further Now I Invite You To Introduce Small Pauses between Inhalation and Exhalation Resting in Complete Stillness for Just a Moment after each in-Breath and each Out Breath so It's Going To Be Inhale to a Count of Four Pause for a Brief Moment

Begin by a Breathing Loving-Kindness into the Feet Area

Breathe into the Legs

Inhale Deeply Now into the Hips and Pelvis Softening and Releasing on the Exhalation and Then Move to the Belly Allowing Your Core Muscles To Relax and the Breath To Flow Effortlessly into this Area of the Body

.Hold Your Entire Body in Your Awareness Now Allowing It To Be Completely at Peace in this Present Moment Return to Your Breath for a Couple More Cycles Noticing Once Again the Short Pauses in between each in-Breath and each Out Breath

Feeling Physically Relaxed and in Alignment with this Present Moment I Invite You To Tune In to the Mind's Eye without Force or Strain Allow the Following Visualization To Conjure Images of Deep Peace and Tranquility as You Move Gracefully into a Deep Slumber for the Night in Your Open Field of Vision Now Begin To Visualize You're on a Tropical Island Feet Firmly Grounded into the Warm Crystals of Sand That Stretch Out to either Side of You Where You Rest the Waters Are Shallow off the Coast Lending Themselves to Crystal Clear Turquoise Hues

When You Are Ready You Begin To Walk Slowly and Mindfully Away from the Steady Shore Step by Step until Soon Your Lower Legs Are Submerged You Continue Walking Slowly and with Grace until Soon You Are Waist-Deep in these Cleansing Waters You Pause Here Tracing the Surface of the Ocean with Your Fingertips and When You Are Ready You Reach Your Arms Ahead of You as You Shallow Dive into the Crystal Clarity That Now Bathes Your Entire Body as each Crystal Bead of Ocean Rushes along Your Skin You Feel Restored and Renewed

You Are in a State of Complete Bliss the Mind Softens Entirely Nothing Tethered to It any Longer any Thoughts That Do Rise in Your Consciousness Are Released to the Ocean As Swiftly as They Came You Know that any Thoughts or Emotions That Arise Do Not Belong to You There Are Simply Bodies of Energy Coming like Waves before Dissolving Back into the Wholeness of the Ocean Aya's Transfixed with the Sky You Notice the Lighting and Shade Overhead Is Shifting Blue Hues Now Blend into a Subtle Orange Signifying that the Sun Is Now Setting behind the Horizon

Tuning into Your Sense of Touch

I Am Compassionate and Understanding I Am Compassionate and Understanding I Honor the Callings of My Heart I Honor the Callings of My Heart I Am Aligned with My Inner Rhythm I Am Aligned with My Inner Rhythm I Am at Peace in this Very Moment I Am at Peace in this Very Moment I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am How Many Is My Natural State of Being Harmony Is My Natural State of Being

.I Am Compassionate and Understanding I Am Compassionate and Understanding I Honor the Callings of My Heart I Honor the Callings of My Heart I Am Aligned with My Inner Rhythm I Am Aligned with My Inner Rhythm I Am at Peace in this Very Moment I Am at Peace in this Very Moment I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am How Many Is My Natural State of Being Harmony Is My Natural State of Being

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I Am Open to Healing Transformation I Am Open to Healing Transformation Challenges That Come My Way Our Opportunities for Growth Challenges That Come My Way Are Opportunities for Growth I Give and Receive Love Unconditionally I Give and Receive Love Unconditionally I Released the Past To Make Room for the Present and Future I Release the Past To Make Room for the Present and Future

.I Am Aligned with My Inner Rhythm I Am Aligned with My Inner Rhythm I Am at Peace in this Very Moment I Am at Peace in this Very Moment I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am Harmony Is My Natural State of Being Harmony Is My Natural State of Being I Honor the Needs of My Body and Spirit I Honor the Needs of My Body and Spirit I Am Worthy of Deep Rest and Release I Am Worthy of Deep Rest and Release

Release the Past To Make Room for the Present and Future

I Am Worthy of Deep Rest and Release I Am Worthy of Deep Rest and Release I Flow Gracefully with the Waves of Life I Flow Gracefully with the Waves of Life I Trust the Divine Timing of Things I Trust the Divine Timing of Things I Inhale Love and Exhale Fear I Inhale Love and Exhale

.I Am Aligned with My Inner Rhythm I Am Aligned with My Inner Rhythm I Am at Peace in this Very Moment I Am at Peace in this Very Moment I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am How

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I Am Open to Healing Transformation

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Release the Past To Make Room for the Present

I Honor the Needs of My Body and Spirit I Honor the Needs of My Body and Spirit I Am Worthy of Deep Rest and Release I Am Worthy of Deep Rest and Release I Flow Gracefully with the Waves of Life I Flow Gracefully with the Waves of Life I Trust the Divine Timing of Things I Trust the Divine Timing of Things I Inhale Love and Exhale Fear I Inhale Love and Exhale Fear the Universe Supports and Nourishes Me the Universe Supports and Nourishes

.I Am Aligned with My Inner Rhythm I Am Aligned with My Inner Rhythm I Am at Peace in this Very Moment I Am at Peace in this Very Moment I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am

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I Am Compassionate and Understanding I Am Compassionate and Understanding I Honor the Callings of My Heart I Honor the Callings of My Heart I Am Aligned with My Inner Rhythm I Am Aligned with My Inner Rhythm I Am at Peace in this Very Moment I Am at Peace in this Very Moment I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am Harmony Is My Natural State of Being Harmony Is My Natural State of Being

I Am at Peace in this Very Moment I Am at Peace in this Very Moment I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am Harmony Is My Natural State of Being Harmony Is My Natural State of Being I Honor the Needs of My Body and Spirit I Honor the Needs of My Body and Spirit

I Honor the Needs of My Body and Spirit I Honor the Needs of My Body and Spirit I Am Worthy of Deep Rest and Release I Am Worthy of Deep Rest and Release I Flow Gracefully with the Waves of Life I Flow Gracefully with the Waves of Life I Trust the Divine Timing of Things I Trust the Divine Timing of Things I Inhale Love and Exhale Fear I & a Olaf and Exhale

I Am Open to Healing Transformation I Am Open to Healing Transformation Challenges That Come My Way Are Opportunities for Growth Challenges That Come My Way Opportunities for Growth I Give

and Receive Loud Unconditionally I Give and Receive Love Unconditionally I Released the Past To Make Room for the Present and Future I Release the Past To Make Room for the Present and Future I Honor the Needs of My Body and Spirit I Honor the Needs of My Body and Spirit I Am Worthy of Deep Rest and Release I Am Worthy of Deep Rest and Release I Flow Gracefully with the Waves of Life I Flow Gracefully with the Waves of Life I Trust the Divine Timing of Things I Trust the Divine Timing of Things I Inhale Love and Exhale Fear I Am Loved and Exhale Fear

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Honor the Needs of My Body and Spirit I Honor the Needs of My Body and Spirit I Am Worthy of Deep Rest and Release I Am Worthy of Deep Rest and Release I Flow Gracefully with the Waves of Life I Flow Gracefully with the Waves of Life I Trust the Divine Timing of Things I Trust the Divine Timing of Things I Inhale Love and Exhale Fear I Nao Love and Exhale Fear the Universe Supports and Nourishes Me the Universe Supports and Nourishes

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I Honor the Needs of My Body and Spirit I Honor the Needs of My Body and Spirit

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I Am Compassionate and Understanding I Am Compassionate and Understanding I Honor the Callings of My Heart I Honor the Callings of My Heart I Am Aligned with My Inner Rhythm I Am Aligned with My Inner Rhythm I Am at Peace in this Very Moment I Am at Peace in this Very Moment I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am Harmony Is My Natural State of Being Harmony Is My Natural State of Being

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I Am Deeply Rooted Right Where I Am I Am Deeply Rooted Right Where I Am Harmony Is My Natural State of Being Harmony Is My Natural State of Being I Honor the Needs of My Body and Spirit I Honor the Needs of My Body and Spirit I Am Worthy of Deep Rest and Release I Am Worthy of Deep Rest and Release

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feel the slow transitions from inhale to exhale

bringing air into your lungs

following the rise and fall of the waves

sink into the soft grass of the riverbank

let yourself focus completely on the beauty of the forest

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Root Chakra

Golden Pearl Begins To Expand

Allow these Affirmations To Carry You toward Slumber

I Am Worthy of Love

My Inner World Is in Harmony

I Trust the Universe

Supported by the Earth

I Am Intuitively Guided in Life I Am Intuitively Guided in Life I Am Supported by the Earth I Am

Supported by the Earth Strength Comes from within Me Strength Comes from within Me

I Am Worthy of Success I Am Worthy of Success

I Am Intuitively Guided in Life

I Am Confident in Who I Am

Energy Flows Freely through My Being

I Am Worthy of Love I Am Worthy of Love

Trust the Flow of Life

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