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Subject: A meditation

Hi love,

Below is something a friend sent me to help me along during this healing process. I know it will be advantageous for you too.

This is separate from the other meditations I said I'd e-mail. Those will come if not tonight, then tomorrow for shizay!

I love you bunches and bunches and my hunch is we're gonna be a-ok....actually we already ARE ok, we just have to keep remembering that!

Namaste.

Everything that's happening is happening because you are ready to allow it. Your mind is able to get out of the way just enough to allow a higher truth to come through. That is great, expansive, and wonderful.

Pay close attention to your use of words.

And now pay closer attention.

And now your attention is on your use of words, thoughts, and ideas that you have about yourself and the world that you are always creating around you.

It is easy to do, as if you are focusing a microscope or using a zoom lens on a camera. Your thoughts, and ideas easily come into immediate focus and you find now that you are more in control.

As a matter of fact, you have always been in control, but now you are more aware, receptive, and completely and totally responsive to the thoughts and ideas you entertain in your vast and expansive mind.

As a matter of fact, from now on and for as long as it is necessary, you pay immediate and close attention to the details of what you think and say about yourself.

It is easier and easier to edit your thoughts, deleting from memory old patterns of thoughts and ideas that are out dated. As you edit your thoughts you immediately add thoughts and ideas that support the new version of who you are.

From now on you affirm the truth of what is your highest truth, for your highest good.

It is so.

It is done.

So be it.

Gina, I suggest you read that statement over and over until you breathe it and feel the words in your heart. Breathe the words and emotions down to your toes.

Every time you think and then affirm anything, you anchor it in deeper and deeper into your being.