

Storm Meditation

Close your eyes and find some stillness in your body. Take a breath, slowly noticing the ever-changing storms inside your body. Sometimes you might feel one way, and sometimes another way.

Sometimes you might feel the sunshine of pure joy, peace, and happiness. Breathe it in. Enjoy it. Savor it.

At other times, you might feel the thunderstorm of anger, rage, and frustration. Don't fight the storm because in the storm you will find your superpowers. Feel the storm. Breathe it in. Allow your entire body to vibrate with strength and energy, as if getting you supercharged for the battlefield.

Use your energy to breathe in your emotions. Breathe them as if you are being recharged by them. Breathe them as if they are your life energy.

You are a superhero, a protector, a guide. Breathe in your power, breathe in your strength, because you are stronger than you have ever realized. Feel yourself getting powered up throughout your entire body. Getting ready to face the day like the superhero that you are.

Breathe in and when you feel ready, open your eyes and come back into the room.