

# Guided Meditation - Nick Stuart

## Affirmations and Poems

January 2022

### Affirmations

I desire to find peacefulness in my body and my mind

I allow myself to be an abundant soul

I desire to attract joy and happiness into my life

I allow myself to let go of anything that no longer serves me I desire to find complete balance in my life

I am attracting health and wealth into my life

I am a magnet for wonderful opportunities

I allow myself to feel self-love

I desire to fully and completely trust in the universe I desire to find a sense of flow in my life

I am attracting love into all aspects of my life

## **Poem Week 1**

### **Living in the now - Vanessa Hughes**

What's gone has made you what you are

So don't fear what's ahead

Put trust in what will be, will be

And choose to live instead

Don't live in the now worrying what may or may not be  
Take this moment in your time

And like it totally

There's no time like the present

Breathe deep and feel alive

Living in the here and now

Will help you rise and thrive

Now is all there ever is

It's the only time that's real

Let the future take the course

And leave the past to heal

## **Poem Week 2**

May the sun bring you new energy by day

May the moon softly restore you by night

May the rain wash away your worries

May the breeze blow new strength into your being

May you walk gently through the world and know its beauty all the days of your life.

### **Poem Week 3**

**By Bianca Sparacino**

You are allowed to take up space. Own who you are and what you want for yourself. Stop downplaying the things you care about, the hopes you have. Own your passions, your thoughts, your perceptions. Own your fire. Stop putting your worth in the hands of others; stop letting them decide your value. Own saying no, saying yes. Own your mood, your feelings. Own your plans, your path, your success. Never back down from expressing yourself, from saying your name proudly. Never stop elbowing your damn way into this big world, because you belong here. You matter.