

Connecting with Your Guidance

Daily White Light Meditation

(Inhale) I am whole, I am filled with light.

(Exhale) I am perfect, I am filled with light.

(Inhale) The White Light of _____, surges through every cell of my body,
(Exhale) bringing peace, love, health, guidance and abundance to me.

(Inhale) I am surrounded by the pure White Light of _____.

(Exhale) The pure White Light of _____ is within me.

(Inhale) Nothing but good comes to me.

(Exhale) Nothing but good goes from me.

(Inhale) I give thanks! I give thanks! I give thanks!

(Exhale) And so it is OR Amen