

I AM Meditation

By Jessica Smith from [UPLYFE](#)

Also available as a guided meditation on [YouTube](#)

Setting the expectations

Welcome to your guided I Am Meditation. This meditation will create the foundation for you to become self empowered and confident in your emotional guidance system. The more you listen to this meditation, the more confident you will feel about controlling your emotions and remaining neutral in unbalanced situations.

No matter what others might say, project, or throw at you, you are unphased, unmoved, untouched. Your vibration stays neutral or in the state of joy that you desire. You have no buttons that can be pushed and no triggers that can be set off. You are in control of your emotions. Your emotions are not in control of you. No one is in control of your emotions, but you.

Begin by sitting or lying comfortably. Take a moment to adjust your body so that it will not require your attention during this meditation.

Now that you are comfortable, let's begin.

Set up relaxation

Bring your awareness to your lower belly. From your lower belly, take a deep breath in, all the way up to your chest, and exhale from your chest down. Again, take a deep breath from your lower belly all the way up into your chest, and exhale from your chest down.

Now bring your awareness to your hips, and take a deep breath from your hips all the way up, passed your ribs, exhale top down. Again, inhale from the hips, exhale from the top down. Bring your awareness to your back body. Take a deep breath in from your lower back all the way to your upper back, and exhale from your upper back down. Again, inhale from the lower back to the upper back, exhale top down.

Bring your awareness to your feet. Notice the soles of your feet and the tips of your toes. The heels of your feet. Ankles...calves...thighs...and hips. Take another deep breath in...exhale and relax your lower body.

Inhale...and exhale. Send that relaxation from your hips to your abdomen and chest. Relax the muscles in your abdomen and chest. Notice your shoulders....arms...wrists...hands.

Inhale...exhale, relax from your shoulders down to your hands. Notice the center of your palms and tips of your fingers. Feel a slight vibration in the center of your palms...tips of your fingers.

Notice...your neck...your jaw...your eyes and eyelids...the skin covering your forehead...the skin covering your head. Inhale and notice...exhale and relax your neck, face, and head.

Your body feels so relaxed...so heavy. Your mind is still alert. You are still aware of your surroundings. You can hear even the smallest sounds around you.

Connecting to source

In your mind's eye, imagine a bright ball of energy coming down from the sky, down from the divine, loving place in the cosmos. The ball of bright light and loving energy enters your heart space and fills your entire vessel. The bright light spreads down to your toes and up to the top of your head, pushing out any doubts...pushing out insecurities. You are divinely connected. You are more than this body. Who you are cannot be touched, it cannot be moved, it cannot be harmed without your consent.

Bring your awareness to your sacrum, the area where your spine meets your pelvis. From this area on your spine, imagine roots growing down, down into the Earth. The roots are growing through thick layers of soil, growing down and down until it reaches the core of the Earth. The roots grow around the core of the Earth. Follow those roots back up to the surface.

Bring your awareness in the center of your mind.

Begin the journey

Repeating the following phrases will help reinforce what your spirit already knows to be true, that you are in control of your emotions. Occasionally, however, we allow our ego to drive the narrative in our mind--allowing ourselves to become negative, anxious, worried, fearful, angry, or resistant.

The following phrases will help you become confident, compassionate, patient, calm, in control of your emotions, and understanding. Let's begin...

Repeat 3x

I am strong.

I have overcome many obstacles before.

I will overcome many more.

I am confident in who I am, and who I am becoming.

I am in control of who I am, and who I am becoming.

Every experience teaches me who I want to be.

My path is unique.
My path is unique and so are my past experiences.
My past experiences have taught me about my path.

I am who I am because of my unique path.
My experiences make me stronger.
My experiences make me resilient.

There is nothing I cannot overcome.
There is always a solution to my problem.
I find solutions easily.

I am focused.
I am self driven.
I am successful in everything I put my mind to.

I manifest my desires easily.
I am confident in reaching my desires sooner or later.
I have created some amazing experiences.

I am happy.
I am joyful.
I am at peace.

I am in control of my emotions.
My emotions do not control me.
No one is in control of my emotions, but me.

I am protected.
I am divinely guided.
No one can harm me, physically or emotionally, without my consent.

I am good enough.
I am worthy.
I let go of all beliefs that say I am not worthy.

I am deserving.
I deserve to be happy, healthy, and abundant.
All that I am, I attract.

I am limitless.

I am healthy.

I attract abundance and happiness because I have no limits.

I am an oak tree, rooted firmly into the Earth.

Nothing can blow me down.

No one can overpower me.

I am not this body.

I am a spirit having a human experience.

Everyone I encounter is a mirror to me, for they too are spirit.

I learn the great lessons in life through relationships.

I have learned a great many lessons.

I appreciate all the relationships I have had.

Everything is in perfect flow.

Everything is a miracle, including me.

There are no mistakes.

Everything happens for a reason.

I am learning from all these seemingly random events.

Everything and everyone serves a purpose.

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To integrate these phrases into the fabric of your being, rest into blissful silence, into this space and time...[Long Pause for integration]

Coming back to present

[Bell Ring 3x]

Begin to deepen your breath, and feel your body come back to your spirit. As your spirit re enters your body, squeeze your hands, wiggle your toes. If you wish to slip into a deep sleep, simply roll over onto your side body and fall into a restful night's sleep, and ignore whatever comes next.

If you wish to wake up, begin to flutter your eyelids open. Take notice of your surroundings. As you begin to move, feel your vitality and energy flowing back to you. You are rested and rejuvenated.