



Soul Sync Meditation

The Posture

Sit on a comfortable chair or on a meditation cushion with your back straight and relaxed. Rest your palms on your thighs and use your thumbs to count out breaths on your fingers. Start with the index finger of your left hand. Count to 4 breaths and once you get familiar with the practice extend to 8 breaths.

The Practice

1. Four or Eight **conscious breaths**
2. Four or Eight conscious breaths, with **bee sound** during exhalation
3. Four or Eight conscious breaths, **observing the pause** between inhaling and exhaling
4. Four or Eight conscious breaths while silently **affirming "Ah-hum" or "I am"**
5. Four or Eight conscious breaths while **imagining your body expanding into light, without boundaries and limitations.**
6. Imagine your day flowing easily, see yourself in a happy state, be clear and detailed on how you want to feel (smiling, with bright eyes, confident), the way you want to relate to others and/or any specific intention you have for that day.
7. Smile consciously and affirm before you open your eyes, **"This is a beautiful day"**.
Let your smile become effortless.