

January Meditation Recipe

The Meditation Cookbook

Recipes for grounding, glowing, healing

Find Sanctuary Moment

Take this warmth with you



This recipe makes one serving of peace.

May your softness return you home.

Recipe for Grounded Confidence

Ingredients

The weight of your feet

A steady breath

One memory of feeling capable

Stillness



Recipe for Grounded Confidence

Steps

Press your feet into the ground.

Raise your toes just a little and
press through your heels.

Feel roots extending downward from your
soles. See them gently weaving, sinking deep.

Recall times you handled something
well. Breathe slowly and evenly. Let the
feeling settle into your legs and hips.

Lift your chin, soften your shoulders,
and imagine a light of calm confidence
radiating upward from your feet
through your body. Carry that warmth
with you.

