



Sally's 30 Days of Simple Meditations

Instructions: *Set a time frame and focus your attention on breathing in and out with awareness these simple concepts, affirmations, prayers or mantras. I recommend 20 minutes before getting out of bed. Periodically through the day a 5-minute meditation can help bring peace when in fear, anxious, bored, or any other negative emotion. Also, meditate if you are obsessively thinking of others in an unkind or fearful way-it's not helpful for either of you. Just breathe!*

Mediation Practice Day #1 Mantra

Breathe in with thought:

I am.

Breathe out with thought:

Possibility.

Keep doing it until it shifts to something else or return to it if you drift.

Mediation Practice Day #2 Mantra

Breathe in with thought:

Breathe in peace.

Breathe out with thought:

Breathe out joy.

Keep doing it until it shifts to something else or return to it if you drift.

Mediation Practice Day #3 Mantra

Breathe in with thought:

Peace begins with me.

Breathe out with thought:

Now I am.

Keep doing it until it shifts to something else or return to it if you drift.

Mediation Practice Day #4 Mantra

Breathe in with thought:

I am the Light.

Breathe out with thought:

I illuminate the dark.

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Mediation Practice Day #5 Mantra

Breathe in with thought:

I am ___name a person you love ___.

Breathe out with thought:

We are love.

Keep doing it until it shifts to something else or return to it if you drift.

Mediation Practice Day #6 Mantra

Breathe in with thought:

I am as infinity created me.

Breathe out with thought:

I am _____.

Example: real, a child of God, unique, perfect, love, creative, a dancer, a Mom

Keep doing it until it shifts to something else or return to it if you drift.

Mediation Practice Day #7 Mantra

Breathe in with thought:

I am Love.

Breathe out with thought:

Love creates _____.

Example: kindness, joy, wisdom, family, friendship, opportunity, me

Keep doing it until it shifts to something else or return to it if you drift

Mediation Practice Day #8 Mantra

Breathe in with thought:

_____ healing

Example: Body, emotion, mind, soul, relationship, financial, heart

Breathe out with thought:

Begins with _____.

Example: choice, now, me, freedom, faith, a decision, courage, action

Keep doing it until it shifts to something else or return to it if you drift.



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Mediation Practice Day #9 Mantra

Breathe in with thought:

I embrace _____.

Example: change, courage, faith, forgiveness, love, partnership, honesty

Breathe out with thought:

I release _____.

Example: doubt, judgment, fear, control, chaos, laziness, hopelessness

Keep doing it until it shifts to something else or return to it if you drift.

Mediation Practice Day #10 Mantra

Breathe in with thought:

I am Truth.

Breathe out with thought:

Justice is _____.

Example: real, possible, free, honor, willingness, joy

Keep doing it until it shifts to something else or return to it if you drift.

Mediation Practice Day #11 Mantra

Breathe in with thought:

Today I create _____.

Example: wellness, joy, my future, love, wonder, my dreams

Breathe out with thought:

Thanks be to _____.

Example: Love, The Universe, God, Goddess, The Mystery, All-That-Is

Keep doing it until it shifts to something else or return to it if you drift.



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Meditation Practice Day #12 Mantra

Breathe in with thought:

Grace lights _____.

Example: the path, my way, truth, happiness, innovation, peace

Breathe out with thought:

_____ is heaven here.

Example: the path, my way, truth, happiness, innovation, peace

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #13 Mantra

Breathe in with thought:

I verb with virtue.

Example: I run with grace. I drive with peace. I think with humor.

Breathe out with thought:

I create heaven here.

Keep doing it until it shifts to something else or return to it if you drift

Meditation Practice Day #14 Mantra

Breathe in with thought:

Love is noun.

Example: Love is a dog. Love is a tree. Love is the sky. Love is my Dad.

Breathe out with thought:

Noun is Love.

Example: A dog is love. A tree is love. The sky is love. Dad is love.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #15 Mantra

Breathe in a color of light – Visualize the color, using words only if necessary.

Breathe out a rainbow – Visualize the rainbow using words only if necessary.

Keep doing it until it shifts to something else or return to it if you drift.



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Meditation Practice Day #16 Mantra

Breathe in:

I am element.

Example: earth, water, air, and fire

Breathe out:

We are One.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #17 Mantra

Breathe in:

A smile – Visualize/feel a smile using words only if necessary.

Breathe out:

Love light – Visualize/feel Love light using words only if necessary.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #18 Mantra

Breathe in:

I am connected.

Breathe out:

Love fuels my way.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #19 Mantra

Breathe in:

I embrace a feeling, virtue, or character trait.

Example: beauty, happy, presence, patience, solvent, satisfied, complete

Breathe out:

I am your name.

Keep doing it until it shifts to something else or return to it if you drift.



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Meditation Practice Day #20 Mantra

Breathe in:

An Ocean – Visualize/feel the ocean, use words only if necessary to start.

Breathe out:

I flow in Being.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #21 Mantra

Breathe in:

Today is holy.

Breathe out:

Holy is now.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #22 Mantra

Breathe in:

I embrace the future.

Breathe out:

I forgive the past.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #23 Mantra

Breathe in:

The Land – Visualize/feel a landscape, use words only if necessary to start.

Breathe out:

I'm grounded in Love.

Keep doing it until it shifts to something else or return to it if you drift.



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Meditation Practice Day #24 Mantra

Breathe in:
When is.

Breathe out:
Now.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #25 Mantra

Breathe in:
_____ make(s) me happy.

Example: Dancing, clouds, bling, kisses, snowflakes, kayaks, dolphins, travel

Breathe out:
Happiness is mine.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #25 Mantra

Breathe in:
The Stars – Visualize the night sky, use words only if necessary to start.

Breathe out:
I am starshine.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #26 Mantra

Breathe in:
Keep it simple.

Breathe out:
My vision is clear.

Keep doing it until it shifts to something else or return to it if you drift.

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Meditation Practice Day #27 Mantra

Breathe in:

I am a Mystery.

Breathe out:

Discovery is my power.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #28 Mantra

Breathe in:

___A person, place, or thing___ deserves love.

Example: alcoholics, anger, poverty, the Mississippi, my Mom, the Ozone

Breathe out:

They/it has mine.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #29 Mantra

Breathe in:

The Sky – Visualize/feel wind, use words only if necessary to start.

Breathe out:

The wind is my friend.

Keep doing it until it shifts to something else or return to it if you drift.

Meditation Practice Day #30 Mantra

Breathe in:

I am *___your name___*.

Breathe out:

Love is my way.

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