



Sally's 31 Days of Simple Meditations  
For World Healing March 24th to April 23th 2020  
10 AM and/or 10 PM

**Instructions:** *Join Sally and focus your attention on breathing in and out with awareness these simple concepts, affirmations, prayers or mantras. She will be sitting for 20 minutes but do as long as you can. Use this guide periodically through the day for mini-meditations helping bring peace when in fear, anxiety, boredom, or any other negative emotion. Also, meditate if you are obsessively thinking of others anywhere 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.



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**Mediation Practice Day #4 Mantra**

Breathe in with thought:  
I am the Light.

Breathe out with thought:  
I illuminate the dark.

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

**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*

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**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.

**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*

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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.

**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.*

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**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.

**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.

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**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.

**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.

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**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.

**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 #26 Mantra**

Breathe in:

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

Breathe out:

I am starshine.

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**Meditation Practice Day #27 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.

**Meditation Practice Day #28 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 #29 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 #30 Mantra**

Breathe in:

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

Breathe out:

The wind is my friend.

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**Meditation Practice Day #31 Mantra**

Breathe in:

I am your name.

Breathe out:

Love is my way.

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