

I let hope fill my whole being
I receive this new softness with gratitude
Bravely I go into the unknown
I make good plans
I set loving expectations of myself
I am free and strong
I have faith in myself
I take myself seriously
I live every day with purpose
I succeed at doing what I want to
I am proud of what I achieve
I am secure in myself
I soften and rest
I allow myself to change
I find a place of belonging
I let my heart show me the way
My insight deepens alongside my
warming heart
Trust fills my heart
My heart knows best
I allow the darkness to guide me
I take my time
I take time to dream
I let hope carry me forwards
I set healthy boundaries for myself
I am ready for adventure

Light meditations 2026

Gentle thoughts and gentle steps.

I walk with compassion,

I am safe and filled with love.

I am in the process of being renewed.

Light meditations 2026