

## Melt into Relaxation Moment

Right now, I am relaxing and letting go  
of any worries, tension or stress.  
I breathe deeply, inhaling clarity and peace,  
and exhaling anything that no longer  
supports my overall well-being.  
I am giving myself this moment of quiet to refocus,  
allowing myself to be present and centered in the flow of  
life.

All that I need is here, now.

I open myself to receive.  
I let go of anything that is not really mine to handle.  
I now see my next steps unfolding with clarity and order.  
I know exactly what to do to take care of myself  
and to accomplish all that is mine to do this day,  
with ease and grace.

I breathe deeply, inhaling clarity and peace,  
and allowing clarity and peace to fill me on every level.  
I am truly grateful for all the goodness in my life  
and I am moving forward feeling relaxed,  
refreshed, alert, vibrant and peaceful.

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