



## **THE HOUR OF POWER**

**A 13-step permission slip meditation  
designed to help crystallize inner peace**

Each statement invokes a different state of being. Focus on each statement for 5 minutes, then shift to the next statement. You can repeat each statement for the entire 5 minutes, only once, or any number in between. You can say them out loud or to yourself inwardly if you wish. Your eyes can be open, looking at a clock, or closed, it's up to you. It's your permission slip, let your imagination guide you.

- 1. For the first 5 minutes, simply prepare yourself to begin. Become calm, quiet and relaxed. Let go of the day's concerns. Breath easily and deeply.**
- 2. Repeat: "I am who I am for a reason."**
- 3. Repeat: "No insistence, no resistance."**
- 4. Repeat: "I am an indestructible being at my core."**
- 5. Repeat: "The past and the future are illusions; there is only now."**
- 6. Repeat: "Everything happens in perfect timing. I will miss nothing."**
- 7. Repeat: "My life is my own. No one can live it for me."**
- 8. Repeat: "I am unconditionally supported by creation."**
- 9. Repeat: "I am an expression of nature."**
- 10.Repeat: "I always have exactly what I need."**
- 11.Repeat: "I give and receive joy, love and compassion."**
- 12.Repeat: "My life is a synchronous orchestration."**
- 13. Repeat: "I am free to choose."**