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RETURNING
with Rebecca Campbell

**A PODCAST TO RETURN
TO THE WISDOM WITHIN**

Available on



MORNING MEDITATION

Episode Transcript

Hey, it's Rebecca and welcome to Returning, a podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning. Today I'm sharing with you a really short meditation to support you to begin your day with presence, energy, replenishment and intention.

AM meditation. This meditation, it's totally fine to do it in bed, or if you're more comfortable, take yourself to your favorite meditation spot. Wherever you are, really gently allow your fingers and toes and wrists and ankles to begin to move slowly. Allowing the energy in your body to really wake up and begin to circulate. If your body feels like it would feel good, you might choose to stretch or yawn. Do whatever feels good to usher you into this new day. And when you're done with those subtle moves and stretches. Really sinking into the ground, or earth, or the bed. And begin to actually thank your bed for a restful night's sleep. Really slowing down your breath. Consciously breathing in this brand new day.

With each new breath that you take. Begin to become aware of the fresh new energy of this day. It is entering your body. And as you take each new breath, imagining each new breath, gently waking up every single cell in your body. And as you breathe, and as every single one of your cells are activated. Start to feel into the possibilities of what this day may bring. Really gently, but deeply breathing. Welcoming in the new energy of the day.

At the bottom of your feet I want you to imagine a beautiful, glowing, warm, golden sun. That little by little begins to rise through your body, rising up past your feet, past your ankles, your calves, your knees and your thighs. Activating every cell along the way. As you breathe and welcome in the new day, allow the sun now to rise up. Past your hips and your waist, your belly and your chest. Breathing and allowing the golden, warm sun to activate every cell along the way. Charging you up with a new, beautiful energy for your day. As you breathe and receive this new day energy, imagine the sun now rising up from your fingertips to your hands and your wrists, your arms, your elbows, your shoulders. Activating every cell along the way. Breathing and receiving this new day energy.

Now seeing the sun rising up past your chest, past your shoulders, past your neck, your face, past your brow, past your forehead, and right up past the crown of your head, activating every cell along the way. And now seeing this sun rising past your entire body so it fills up the entire room with this fresh new day energy.

Now, with this sun emanating from your body and expanding into the entire room, place your hand on your heart and I want you to set your intention for the day. It might be a particular way you want to feel. A particular energy or frequency you want to hold. Or perhaps there's a wish or a focus for your day. Once you have your intention, imagining holding this intention in the very center of your heart. And now using the power of the sun's energy, which is filling the entire room, from the center of your heart, sending and emanating this intention, this heart wish out into the world. Sending it from the very center of your heart out of the room and out into the world. Imagining the sun's rays now carrying this intention out into the world. And affirming that you're going to have a wonderful day.

I'm so grateful for you being here. If you've enjoyed today's morning meditation, you can find many more guided meditation, soul journeys, classes, rituals, and even be invited to attend sacred circles in the Sanctuary, which is my membership. So head over to rebeccacampbell.me/membership. I look forward to welcoming you in the sanctuary and supporting you to deepen your spiritual practice in connection with your soul even more. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. And if you love the podcast, I so appreciate you leaving a positive review or a five-star rating. It really, really helps others to find it too. And if you'd like any of the show notes from today's episode, head to rebeccacampbell.me/podcast. Thanks for returning.