

7 Days of Calm

by
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<https://www.melissa-field.com/donate.html>



Deep Breath

Day 1

Mantra: I am strong, stable and secure

Visual: A pond so still it mirrors the trees and grass around it



Guided Meditation: Relaxation & Calm

<https://soundcloud.com/melissafeld/relaxation-calm-epsidoe-41>

My intention for today is _____

When I look out the window, things that make me feel peaceful are _____



When I think of a time the Universe surprised me with a blessing or miracle, I think of...

If I was going to ask the Universe for one thing, I'd ask for... to receive it would feel...

Three things I am grateful for:

My word for today is: _____

Daily quote:

You never know how strong you are, until being strong is your only choice.

- *Bob Marley*

You got this



Deep Breath

Day 2

Mantra: I am creative and inspired

Visual: The sun breaking through the clouds after a day of rain



Guided Meditation: Calm During the Storm

<https://soundcloud.com/melissafeld/calm-during-the-storm-episode-34>

My intention for today is _____

Today I am letting go of _____



The last time I spent time in nature, I went to... I felt... _____

The last time I felt passionate and inspired... _____

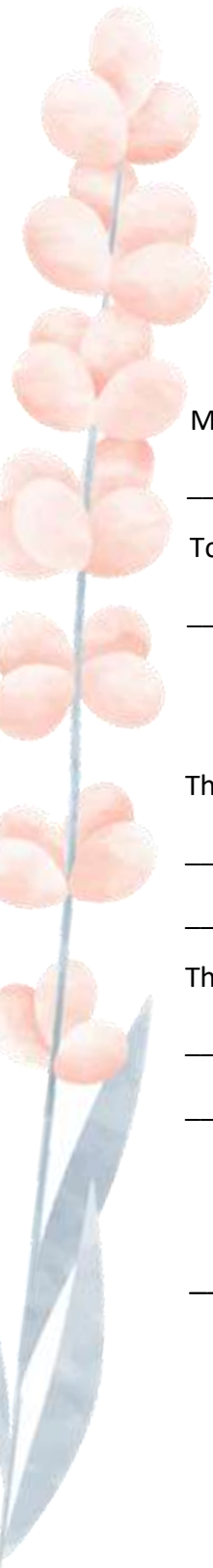
Three things I am grateful for:

My word for today is: _____

Daily quote:

Creativity involves breaking out of expected patterns in order to look at things in a different way. - *Edward de Bono*

You got this



Deep Breath

Day 3

Mantra: I am the powerful creator of my life

Visual: Wildflowers swaying in the breeze



Guided Meditation: Snowfall

<https://soundcloud.com/melissafeld/snowfall-episode-28>

My intention for today is _____

If I could do anything today, I would _____



A time I felt truly proud was when I... _____

I have always been good at... _____

Three things I am grateful for:

My word for today is: _____

Daily quote:

The most common way people give up their power is by thinking they don't have any.

- Alice Walker

You got this



Deep Breath

Day 4

Mantra: The Universe loves me unconditionally

Visual: A ladybug walking on a rose



Guided Meditation: Root Chakra

<https://soundcloud.com/melissafield/root-chakra-episode-29>

My intention for today is _____

A few people/places/things I love are _____

I have always wanted to travel to... I want to go there because... _____

I love seeing sunrise/sunset because... _____

Three things I am grateful for:

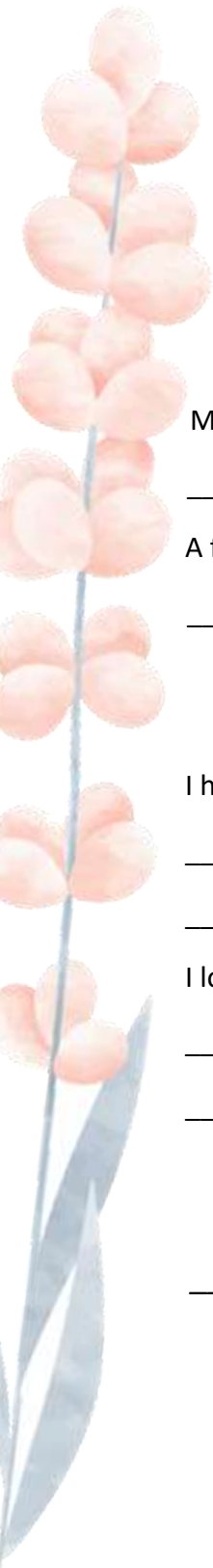
My word for today is: _____

Daily quote:

Let yourself be drawn by the stronger pull of that which you truly love.

- Rumi

You got this



Deep Breath

Day 5

Mantra: I listen and speak with love

Visual: A waterfall pouring into a crystal clear pool



Guided Meditation: Grounding

<https://soundcloud.com/melissafeld/episode-4>

My intention for today is _____

Some things that make me loved and supported are _____



Imagine a stream of golden, divine healing-energy pours into your head, rinses through you and then pours out your feet. How does it feel as this warm, loving energy flows through you like honey? What does it rinse away? What does it heal? What does it nourish?

Three things I am grateful for:

My word for today is: _____

Daily quote:

The best way out is always through.

-Robert Frost

You got this



Deep Breath

Day 6

Mantra: I trust my inner compass

Visual: The stars on a cloudless night



Guided Meditation: Sacral Chakra

<https://soundcloud.com/melissafeld/sacral-chakra-episode-42>

My intention for today is _____

If I was my own best friend, I would tell myself _____



Imagine a powerful angel with big, glowing wings is standing beside you. What does this angel tell you? How does it make you feel? _____

You can hand one thing over to your angel to be taken care of. What would you like to surrender? _____

Three things I am grateful for:

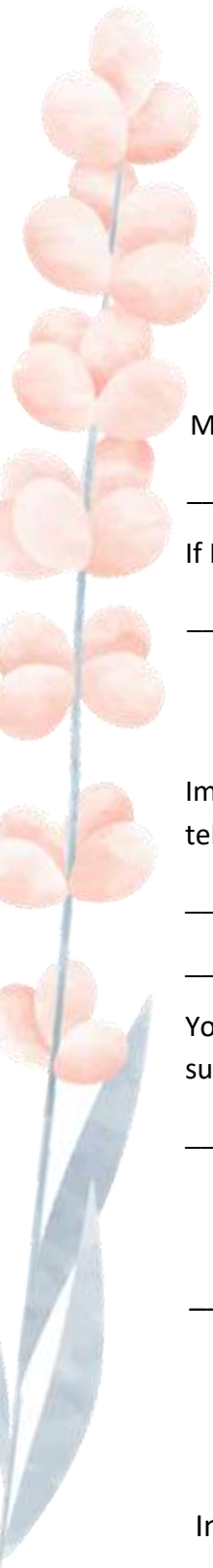
My word for today is: _____

Daily quote:

Inner guidance is heard like soft music in the night by those who have learned to listen.

- *Vernon Howard*

You got this



Deep Breath

Day 7

Mantra: I am One with the Universe

Visual: A symphony playing in perfect harmony



Guided Meditation: Evening

<https://soundcloud.com/melissafeld/evening-episode-17>

My intention for today is _____

A year from now, I will be _____



When I visualize Earth from space, what I see is... _____

My favorite animal is... I love it because... _____

Three things I am grateful for:

My word for today is: _____

Daily quote:

Miracles come in moments. Be ready and willing.

- *Wayne Dyer*

You got this

