

An Anti-Stress Meditation



When you're feeling stressed, frustrated or overwhelmed by anything in life, this meditation can be helpful in bringing calm and peace. I use similar words and patterns when working with laboring women, and this is the coping tool that gets most praised as the number one help.

I've written it here in the first person so that you can use it to calm yourself. Reading it aloud is the most effective use of this meditation.

breathe in / breathe out

I breathe in peace and relaxation.
I breathe out stress, tension and fear.
In this moment, I pause.
In this moment, I am safe. In this moment
there exists no worry.

breathe in / breathe out

I breathe in peace and calm.
I breathe out worry, anxiety and stress.
All my worries are gone at this time. I let them
go. My soul is taking a break in this moment. I

am surrounded by pure love. Right now, that feeling of pure love is all that exists. I'm wrapped in the arms of peace and calm and love.

breathe in / breathe out

I breathe in love.
I breathe out sadness.
In this moment I pause.
In this moment I am safe and protected from
the world. In this moment, I forgive myself and
understand clearly that I am doing my very
best. I am loved and noticed.

breathe in / breathe out

I breathe in confidence and strength.
I breathe out doubt and discomfort.
Everything will be okay. Everything IS okay.
Everything is as it should be at this time. I have
trust and faith in myself. I can do this. I AM
doing it.

breathe in / breathe out

I am peace. I am love. I am strong. I am wise. I
am full. I matter.

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