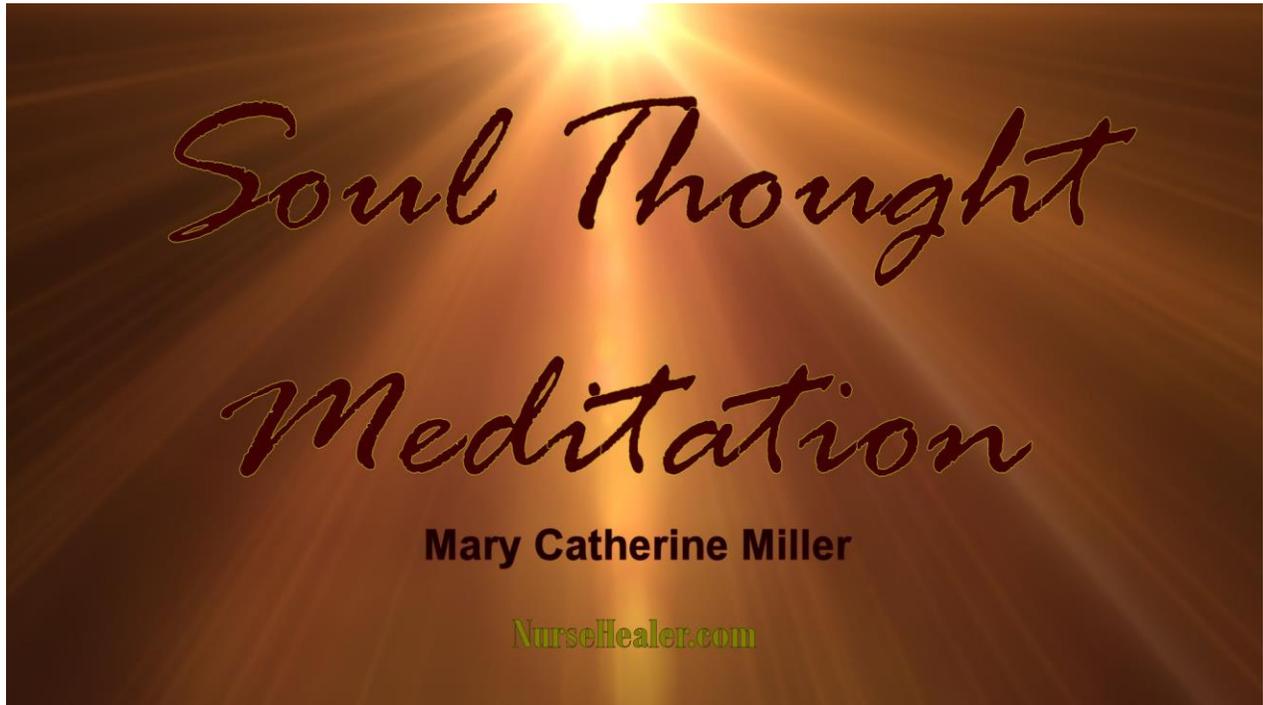


# **Soul Thought Meditation**

**A 5-Minute Meditation**

Hosted by Mary Catherine Miller



Trust your inner voice in this exercise in pretending to know your soul thoughts.

**It was easy to pretend when we were children because our minds were so creative and we could easily believe that anything was possible. Allow yourself to pretend. Close your eyes and pretend with me.**

**We have not forgotten how to pretend. When we act we are pretending to be our character. It's easy to pretend. Join me in an exercise in pretending. We are going to just "make believe."**

**Pretend that there is a soft glowing peaceful white light above your head.**

**This light is warm; but not hot. It is perfect body temperature.**

**As the light radiating from it touches your skin it feels like the perfect temperature.**

# **Soul Thought Meditation**

## **A 5-Minute Meditation**

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**Pretend that the rays of this light slowly trickle down over your skin and you feel this perfect warmth in the top of your head.**

**Pretend that this light begins to encompass and permeate your head, and, as it does, its perfect warmth restores balance to your body.**

**Whether you are too warm or too cold, the light brings balance as it fills and surrounds your body.**

**Pretend that you feel the warmth on your shoulders, then your back and your chest, through your abdomen, torso, arms, and fingertips, through your hips, thighs, knees, calves, feet, and down into your toes.**

**Your entire body is encompassed in this perfect peaceful white light.**

**Keep pretending that you are surrounded by this white light.**

**Pretend that within this light is absolute homeostasis, perfect balance of everything.**

**While you are still surrounded by the light, pretend that you begin to have a thought, just a seedling of a thought that you don't yet know what it is.**

**Pretend that this seed of a thought comes from your soul.**

**This soul thought feels very comfortable as it begins to form.**

**Because it is your own soul's thought, it is in complete agreement with your body, mind, and spirit.**

**It is in harmony with all that is you. You are not yet aware of the meaning of your thought; but you recognize that it is there.**

**Pretend now that you begin to allow your soul thought to expand slowly.**

**This is a very comfortable natural feeling. Your body and spirit are nourished by it.**

**The organs of your body are blessed by your soul thought. Your spirit is enlightened by it.**

# **Soul Thought Meditation**

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**You come to understand that your soul thought is perfect as the light surrounding you is perfect, and there is harmony within you as your soul thought fills your soul.**

**Pretend your awareness now accompanies your soul thought.**

**You are completely aware of your mind and body and of your spirit, your soul.**

**As you become aware of your soul thought in this perfect light, you come into a knowing of truth from your soul. You have perfect knowledge of this truth. You know what your higher being, your inner self is telling you. You have complete understanding with perfect clarity of what your soul thought is, however great or small.**

**Whether your soul thought is a single word, a simple truth, or a profound revelation, whatever it is, you recognize that it is yours and you absolutely get it.**

**When you are ready, quietly open your eyes, keeping complete awareness of your soul thought in your mind. Take a pen and paper, and write down your soul thought.**

Music by Thaddeus  
LuminEssence Productions  
[www.orindaben.com](http://www.orindaben.com)

