



# Meditation Script

DRGEORGEJ | MORNING SCRIPT



Let me guide you through our gratitude affirmations,  
Let's begin with deep awareness of God's grace and guiding hand in our life.

Whatever happened in the past has been wiped away...

Any future concerns are safe in God's loving care.

Slowly close your eyes,

Take a deep breath and envision a beam of strong radiant white light bathing the crown of your head with love and pure peaceful energy.

Breathe out and feel your head and neck relaxed as the light of God's love embraces you.

Continue to breathe in and feel the warmth of his love travel downward in developing your shoulders, chest, and upper back.

As you breathe out, notice the tension disappearing from your shoulders.



Now the light flows through your abdomen and continues down through your legs, calves, and feet. Continue breathing in and out deeply after each affirmation.

## "I AM" Statements

- I am so happy and grateful for the life I have
- I am beyond blessed that I woke up today, many did not have this privilege
- I am so grateful for all the people that I have in my life
- I am so grateful for this loving, beautiful, healthy body I have that continues to get stronger everyday.
- I am so grateful for the work I do now, that allows me to create a positive impact on the world.
- I am so thankful that God is working for my greater good.
- I am thankful God gave me another chance to make my life better today.



Now it is time to reawaken and carry this light to others as you go about your day- smile, breathe and love to change the world. Slowly open your eyes greeting this new day- this perfect gift from heaven.



# Meditation Script

DRGEORGEJ | EVENING SCRIPT



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Let's begin with deep awareness of God's grace and guiding hand in our life.

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Gently reawaken your senses, carrying the tranquility of this moment into the night. let us rest in the assurance of God's unwavering love and grace. May His peace, which surpasses all understanding, guard your heart and mind through the night. As you surrender your cares to Him, may you find solace in His promises. Trust that tomorrow is held in His hands. May your sleep be sweet, your dreams be guided by His light, and your awakening be greeted by His mercy.





# Meditation Script

DRGEORGEJ | ANNE GRACE TAYLOR SCRIPT



Let's reinforce this with a spirit of thanksgiving using Anne Grace Taylor's list:

- Love is the answer. Always.
- Vulnerability is not a weakness. It's a strength.
- Your body is sacred. Cherish it.
- Gratitude shifts everything. Be thankful.
- Forgiveness sets you free. It really does.
- You cannot change others. Only yourself.
- Little acts of kindness are never little. Ever.
- Fun is underrated. Enjoy yourself.
- Age is just a number. It's never too late.
- Life is precious. Live it now.

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