



Position: Either seated comfortably in a high back chair (figure A), seated in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

The breath: Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

The Mindset: As you sit or lay there focusing on your breathing imagine a huge yacht & furthermore imagine that you are laying on the deck in a lounge on its bow. Imagine that you know every aspect of this yacht. Know that its bridge is sophisticated & has the best captain & crew that ever walked this earth. Know the intimate details of its galley (kitchen), dining room, master bedroom suite & other bedrooms, lounge, heads (bathrooms), & crew quarters. If you really want you can have a swimming pool, wave runner & even a helicopter on it.

The reason that you are on that ship & know all of its intimate details is that it is your ship, docked on a crystal blue sea. Your ship has finally come in. It is filled with everyone & everything that is meaningful to you. Its ornate details are so detailed because who you are is so detailed with many facets that are intimately related. Take a look at the tail of the ship & see across its stern the name that you have chosen for it.

Feel the sun warm your body as you lounge on the ships bow & feel the majesty of the ship that is created by your achievements big &/or small. Your ship has come in & you deserve to enjoy it! Respect what you have achieved & where you are in your life. Know that you have made a contribution & that you deserve the compliments you receive from others. Know that you don't owe anyone anything except to be true to yourself & your good nature. Take 3 deep breaths & open your eyes taking care not to lose that feeling of achievement.

Affirmation: End your meditation by telling yourself: *“My ship has come in. I like myself. I am good enough & smart enough. It’s a better world because I am in it.”*