

I AM Meditation

Take a deep breath, in and out.

Repeat, I AM. I AM.

When your attention drifts away from the words, gently come back to I AM.

Here is a simple question:

“What do I want?”

Think about the themes of this conference:

Renew, Re-Connect, Reignite

Just think of the first word that comes to mind.

Maybe it's a word like "fun", "love", "friends".

This word - this feeling that you want - is your intention.

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