

# Daily Reclamation Meditation

*“Every thought you produce, anything you say, any action you do, it bears your signature.” — Thich Nhat Hanh*

Choose one value or characteristic that speaks to you today. What area of your life do you feel drawn to work on at this moment?

Here are a few ideas:

Love	Meekness	Freedom	Beauty	Vulnerability
Faith	Forgiveness	Action	Adventure	Peace
Strength	Wisdom	Equanimity	Purpose	Loyalty
Courage	Health	Success	Patience	Clarity
Honor	Understanding	Inner harmony	Acceptance	Truth
Integrity	Humility	Discipline	Effort	Respect
Creativity	Passion	Joy	Serenity	Curiosity

## Steps

**Position:** “Statement”

1. **Open Posture:** Take 5 deep breaths, then speak “Today I Reclaim My Heart”
2. **Prayer Hands To Forehead:** “My thoughts inviting \_\_\_\_\_.”
3. **Prayer Hands To Mouth:** “My words speaking \_\_\_\_\_.”
4. **Hands over Heart:** “My heart feeling \_\_\_\_\_.”
5. **Prayer Hands To Abdomen:** “My soul embracing \_\_\_\_\_.”
6. **Open Posture:** “I am \_\_\_\_\_.”, then take 5 more deep breaths

