

the 3-S Stretch

#1: Reach your arms high above your head, press your palms together, and affirm:

Today I take my
Spiritual path



#2: With palms together, press your thumbs against your forehead between your eyebrows, and affirm:

Thoughts reflecting
... insert spiritual quality here ...



#3: With palms together, press your thumbs against your mouth, and affirm:

Words reflecting
... insert spiritual quality here ...



#4: With palms together, press your thumbs against the midpoint of your chest, and affirm:

Emotions reflecting
... insert spiritual quality here ...



#5: With palms together and fingers pointing away from the body, press the heels of your hands against your lower abdomen, and affirm:

Actions reflecting
... insert spiritual quality here ...



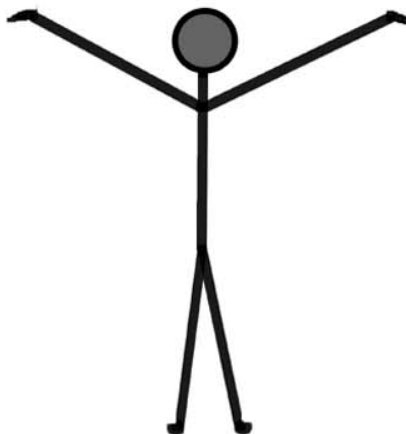
#6: With arms outstretched and to your sides and palms facing away from the body, open your hands wide, with fingers outstretched, and affirm:

Perceptions reflecting
... insert spiritual quality here ...



#7: With arms outstretched above your head, hands wide open, press your palms upwards towards the sky, and affirm:

Open and receptive to
... insert spiritual quality here



#8: Returning to the starting position, with your hands raised high above your head, press your palms together, and affirm:

I am my
Spiritual nature

