



Video Transcript

Evening Serenity Meditation For A Restful Sleep

Hello, goddess. You made it through your day.
Just stretch and celebrate. I invite you to just put on something cozy or sexy or
sexy and cozy if you can achieve both. That is a double win.
I invite you to get into the practice of,
I like the word practice better than habit, a mindful wind down.
How are you ending your evening? Are you working until you pass out? Are you
Netflixing until you crash? Or are you mindful about the way
You end your day, because that is how you begin your rest.
I was able to hear Bobby Brown speak at a women's conference,
and she has a beautiful ritual of writing herself a letter every night.
She decides when it is time to stop.
And she writes herself a letter of all of her accomplishments from the day. Not the
leftover to -does, but her accomplishments. Her wins.
Sure, some reflections, areas for growth. I'm sure that's fine to include as well.
And I'm sure she does. But what stood out to me is her practice of,
her ritual of celebrating herself every night before she goes to bed.
If you've ever watched a period piece,
there is a lot of pomp and circumstance or a lot of rituals,
a lot of steps, a lot of time and effort that is put into a queen going to bed.
There is a removing, a taking off, a releasing.
You unload to reload, right? You let go, you release to replenish to rest.
You have to do both.
As women, many of us, I would like to argue,
are overloaded.
I am not a weapons girl, but a vision of a gun comes to mind when I say unload

and reload. It will not work if it's jammed.
Everything has to fit just right for it to function,
for it to fire.
You are a powerful weapon in all of the right ways.
You are a goddess. It doesn't get better. It doesn't get more divine.
Make sure you don't jam yourself.
Take these moments to unload,
to remove,
to release,
to exhale,
to become one with yourself,
to connect with your breath, your beautiful body,
to prepare yourself to lay down and dream.
Find a comfortable seat or darling. Just lay down.
Allow the muscles of your body to soften.
Remove any protection you had to use to navigate your day.
Remove any masks you felt necessary to utilize.
Allow yourself to be one with yourself again.
How did you win today?
What made your day great?
Far too often were hardwired to highlight those things that didn't go to plan.
Failures. I don't believe in failures.
I believe in redirection.
I believe in opportunity for growth and expansion.
You must leave space on your plate to receive blessings,
to manifest dreams. You must quiet your mind to dream.
I
want you to visualize a field as far as your mind's eye can see a beautiful field
full of flowers blowing in the wind
nothing to do
Nothing to fix.
Nothing to solve or heal.
Take a deep breath.
Exhale.
Just continue to use each and every exhalation as an opportunity to quiet your mind
and to soften your body.
Give yourself permission to rest,
to dream,
to rest,
to dream.
Feel
the breath moving in and out of your body.
I want you to visualize a violet light.

Violet is a regal color.
You are a queen. You're a goddess. You are not from this world.
It is time to transition to Dreamland.
What will it be tonight?
Where will you go?
What will you wear?
Who will accompany you? Or will you be alone?
Allow all of your senses to be activated,
to look forward to the adventure of your dreams and the benefits of your rest.
Get in the practice of looking forward to your rest, looking forward to your dreams
looking forward to stillness take
a deep breath
I wish you sweet,
sweet dreams, my beautiful goddess.
Let your mind run free.
Good night.