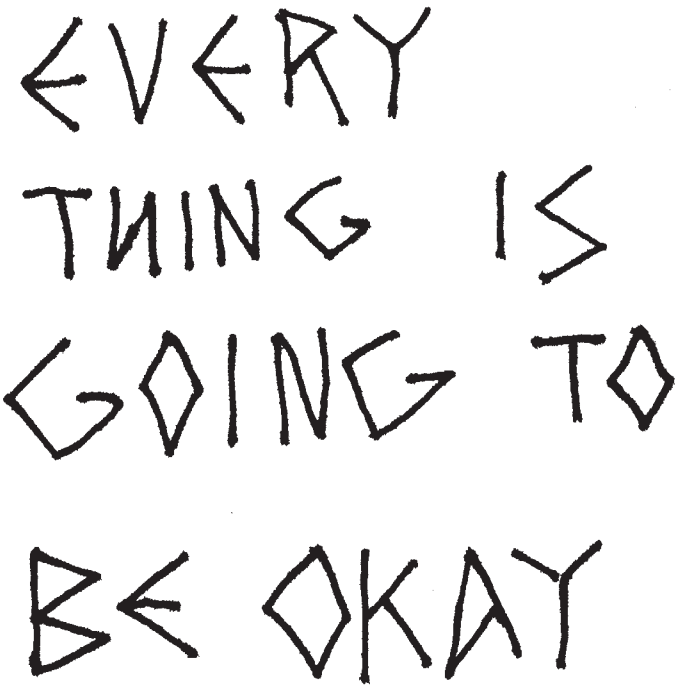
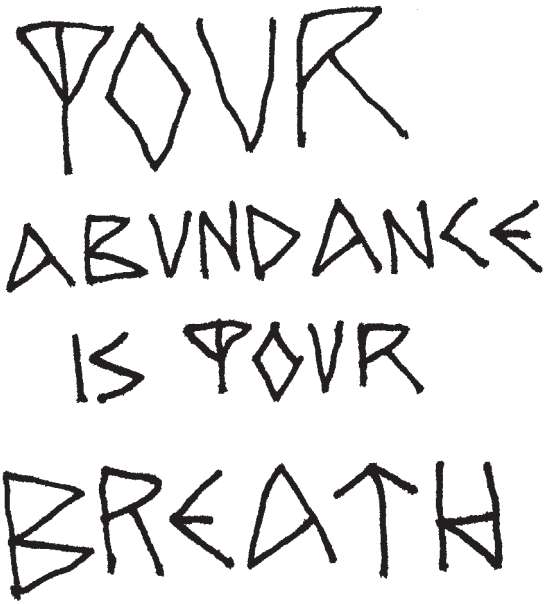

EVERY
THING IS
GOING TO
BE OKAY

PLAYLIST

1. Your Abundance Is Your Breath 3
2. Everything Is Going To Be Ok 7
3. Print Your Dreams 11
4. Be One With Life 14
5. You Do Not Have to Worry Anymore 17
6. You Do Not Have to Care 21
7. Your Upward Spiral 25
8. Dream Yourself Present 28
9. Conscious Breathing 31
10. Your Infinite Supply of Feeling Good 34
11. Your Story Has a Happy Ending 37


YOUR
ABUNDANCE
IS YOUR
BREATH

1. Your Abundance is Your Breath

Breathe in and raise your vibration
Breathe out and release your resistance

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Breathe out and release your resistance

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Breathe in and raise your vibration
Breathe out and release your resistance

Breathe in and raise your vibration
Breathe out and release your resistance

Breathe in and feel light
Breathe out and relax

Breathe in and know you have perfect timing
Breathe out and smile

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration
Breathe out and release your resistance

Breathe in and be here now
Breathe out and watch your thoughts

Breathe in and know you're not your thoughts
Breathe out and feel free

Breathe in and raise your vibration
Breathe out and release your resistance

Breathe in and say I love myself
Breathe out and relax

Breathe in and feel lighter
Breathe out and let go

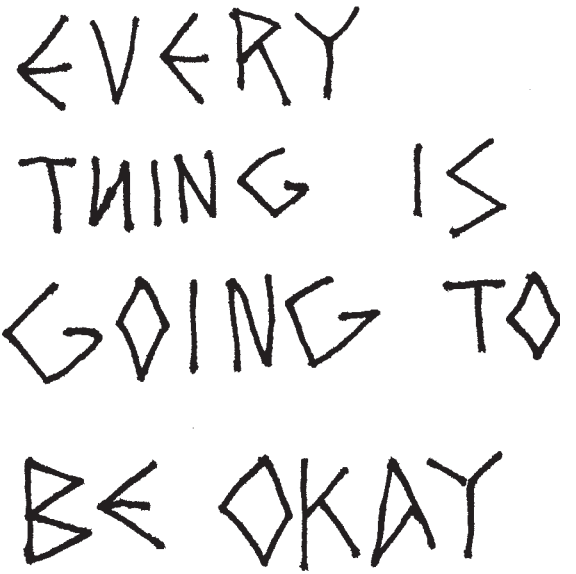
Breathe in and feel your whole body being cleaned
Breathe out and feel yourself connect to source

Breathe in and feel better than ever
Breathe out and release your resistance

Breathe in and connect to your source
Breathe out and smile

Breathe in and feel relief
Breathe out and feel relief

Breathe in and stop caring
Breathe out and know your abundance is your breath


EVERY
THING IS
GOING TO
BE OKAY

2. Everything is Going To Be Ok

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration!
Breathe out and release your resistance.

Relax. Let your shoulders relax. Smile.
Step into this Now.

Breathe in and be here now.
Breathe out and slow your mind down.

You can return to center at any time.
You're already doing it right now.

Breathe in and trust yourself.
Breathe out and let the universe flow through you.

You'll never understand life. But you can feel life.
You can know life. You can be life.

Breathe in and let your thoughts go.

Breathe out and relax.

When you empty your mind, when you embrace stillness, the flow comes rushing through you. Just get out of your own way. Getting out of your own way only means to stop thinking. Your thoughts are so powerful that they're the only things that could ever prevent you from getting what you want.

Breathe in and be here now.
Breathe out and relax.

Empty your mind. It's easy to be alive with an empty mind. An empty mind doesn't mean that you're stupid or that you don't think for yourself. It means you're in touch with universal intelligence. It means that you're accessing the whole, unity consciousness. The greater good. God. That which made you.

Breathe in and know that today really is the best day of your life.
Breathe out and feel yourself becoming lighter.

From now on, everything is going to work out. Everything's going to be ok. You don't have to worry about the future. You don't have to worry about anything. In the Now, there's nothing to worry about and everything is fun. In the Now, you get to play with life. In the Now, the answers come to you when you need them. They come when you ask.

Breathe in and feel confident.
Breathe out and feel excited.

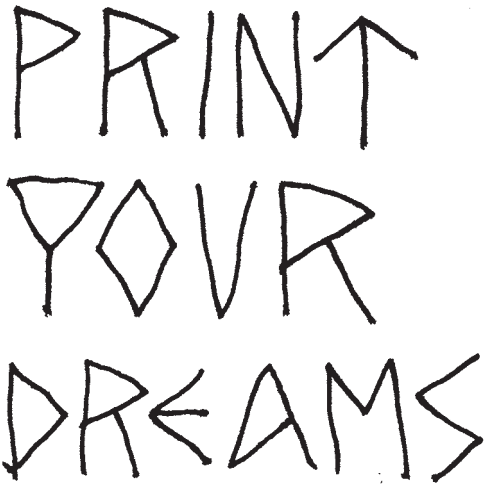
It's getting easier and easier to take control of your thoughts and to project the signal that you want to receive back. You're getting better and better at training your attention and keeping your focus on what you want. You're doing such a great job. It's only going to get better from here.

Breathe out... and then breathe out.

Accept yourself for who you are. Love yourself and your flaws. Your mistakes happen for a reason. You're always connected to life as long as you're breathing. Even if your mind is going crazy, even if you can't stop thinking, you're still connected to life. You're still god. You're still powerful and you're still loved. It doesn't matter. It just doesn't matter. Everything is going to be ok. You're going to succeed. You're succeeding right now.

Breathe in and feel your success.
Breathe out and know that everything happens for a reason.

Believe in yourself. This is your time!


PRINT
YOUR
DREAMS

3. Print Your Dreams

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration!
Breathe out and release your resistance.

Welcome to the reality that you created. Welcome to the best day of your life. Welcome to the moment when you get your power back. Here it is!

Breathe in and be here now.
Breathe out and let go of caring about what other people think.

This moment is all about how you want to express yourself. How do you want to express yourself right now?

Breathe in and be that person.
Breathe out and know it's all under your control.

Wake up to this moment, right now. You've been dreaming, and now you're aware. Now you're awake. Look around you as if you're in a dream. Think abut this moment as if you were telling someone about your dream. "So I was recording this meditation..." Everything is significant. Everything is an indicator of your vibration. Everything is an indicator of what you've been putting out into the world.
Breathe in and take in love.

Breathe out and project love into the world.

The more love you project into the world, the more you'll see it in your reality indicating your loving vibration. This moment is your printout. This moment is what you've made, by placing your attention on the things you've been doing.

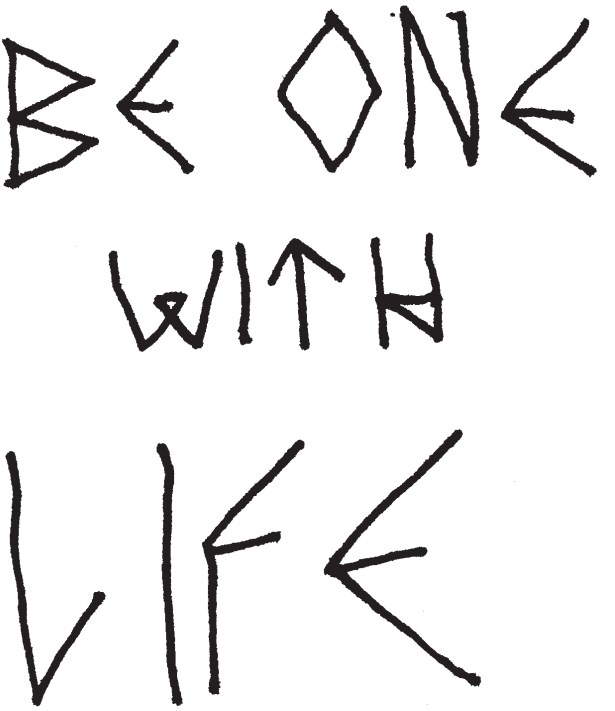
Breathe in and know it's so simple.
Breathe out and be at ease.

Your reality printout doesn't have to be complicated. There's not some elaborate design program. Just picture love as your input and look around you. All you'll see is love reflected back.

Breathe in and be here now.
Breathe out and look at the beautiful indicators of your vibration.

Project love on everything you see and those things will become more love. Use love as your input and you'll print out love to live in. You're in control of what you see. But you gain control by letting go of everything but love.

Breathe in and be here now, awake in the dream.
Breathe out and know it'll get easier every day to be awake and aware and in control of your reality as you want it to be.


BE ONE
WITH
LIFE

4. Be One With Life

Breathe in and raise your vibration
Breathe out and release your resistance

Breathe in and raise your vibration
Breathe out and release your resistance

Step back from your mind and observe this moment.
Bring your attention to right now. Come be here with me.

Breathe in and be here.
Breathe out and relax.

Trust yourself. Trust where you're at. Trust that it's working out. Trust that this really is your good fortune. Trust that you can still your mind. Trust that you do have stillness within you, that you can access all the time. Trust that life is your infinite playground, and it's all a gift.

Breathe in and smile.
Breathe out and be one with life right now.

Be one with life. When you're thinking, you're not one with life. You're dual. You think you're separate. When you're identified with your ego or your thoughts, you think that people are out to get you, or that bad things are going to happen, or that life is trying to take you down. But when you let go of your thoughts and become one with life, you can see there is no duality. There's no pressure, no fear.

Breathe in and trust that you are one with life.
Breathe out and be one with life right now.

Step back and watch yourself. Zoom out from your mind. If you were on stage right now, doing whatever you're doing, life would be applauding you. All of life is celebrating you right now. We're all cheering for you. Just picture, right now, wherever you are, you're on a stage, playing your part. It's a live play and there's this big audience of all of life watching you. Egging you on! Encouraging you, helping you, cheering for you, saying "You can do it!" Not only that, you are doing it, by doing whatever you're doing.

Breathe in and step onto your stage!
Breathe out and be at ease.

Be at peace with your show. It's yours, you created it from the bottom up, from day one, you created this show. This is all your doing.

Breathe in and give yourself the attention you want.
Breathe out and feel life giving you the attention you want.

You can hear life in every moment, whispering your next line. You can feel life in every moment. Be at peace. Let your thoughts go. There are no thoughts in the Now. Just observe your life as it happens and unfolds. Watch as you get to play the best part ever.

YOU
DO NOT
HAVE TO
WORRY
ANYMORE

5. You Do Not Have to Worry Anymore

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration!
Breathe out and release your resistance.

Relax. Let your thoughts go. Be here now. In this moment, you are perfect. In this moment, you have everything you need. You don't need anything right now, that isn't right in front of your face.

Breathe in and be ok with who you are.
Breathe out and say yes to who you are.

You're doing great. You're in the right place at the right time. Everything's ok. You don't have to worry anymore. You're taken care of. You can relax, really.

Breathe in deeply.
Breathe out.

Relax. Feel life. Feel the life in your body. Feel how every cell in your body is alive, tingling. Feel yourself waking up, right now, in the dream. Feel yourself waking up to this present moment. To be present, you just have to pay attention.

Breathe in and open your eyes.
Breathe out and trust that what you need will come exactly when you need it.

Right now life is taking care of you. Right now life is flowing through you. Right now, you're a living miracle! There's nothing to worry about. You can let all of your thoughts go. If you feel sad, or bad in any way, just stop thinking.

Breathe in and step into this moment.
Breathe out and focus your attention in this moment.

Let love into you. Let love fill you up. Most of all, slow down and don't worry about what you have to do next. Just be happy that you're here now, and stay focused on the now. You can't be overwhelmed in the now. The next logical step will always present itself to you. You'll be inspired, it will show up right in front of your face. You don't have to worry about what's next. You don't have to worry about your schedule or your lists or your parents or your health. You don't have to worry about anything!

Breathe in and smile.
Breathe out and let your worries go.

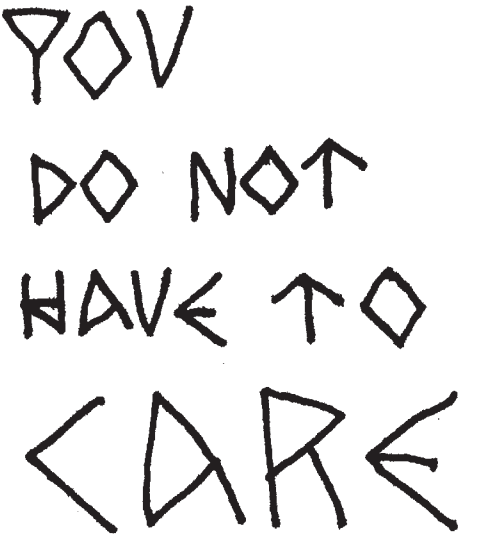
Say "I don't give a fuck!" Say "I don't care! I'm doing me!" All that matters is how you feel. The better your feel, the better your thoughts, the better your experiences. You can choose how you feel by dropping your thoughts. You can choose how you feel by letting go of those thoughts that aren't serving you. If your mom stresses you out, don't think about her. Then she'll show up in the happiest of scenarios.

If your job stresses you out, don't think about it,
just let your thoughts go.

It's easy to let your thoughts go when you're immersed in the present. Your only work is to be here now, because when you're here now you do feel good. WHen you're in the now, you feel good no matter what. Because you're living in a miracle! Isn't this weird, that we're alive!?

Breathe in and be here in the miracle.
Breathe out and trust that it is a miracle.

Slow your thoughts. Open your eyes and wake up.


POV
DO NOT
HAVE TO
CARE

6. You Do Not Have to Care

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration!
Breathe out and release your resistance.

Quiet your mind. Allow yourself to stop thinking, just for a minute. Let yourself take deep breaths. Let yourself connect to your source energy.

Breathe in and feel yourself connecting.
Breathe out and feel yourself getting stronger already.

You can let go now. You can let go of the thoughts that aren't helping you. You can embrace your contrast. You can be at peace with what is.

Breathe in and know it's not serious.
Breathe out and let go.

Relax. Your mind maybe scrambling to find things that feel good, to find solutions to your problems, however temporary they may be. You may be reaching for something outside of you to feel good. You have so many desires and you just want to feel better. You can choose, right now, to feel better. You can choose, right now, to feel better without any of those things outside of you.

You CAN be your reason for feeling good. You can make the choice to turn the boat. You CAN decide to feel better right now.

Breathe in and know how blessed you are.
Breathe out and let yourself come to this moment.

Let yourself be here right now. Allow your mind to slow down enough that you can actually see what you're looking for.

Breathe in
Breathe out

It is all working out for you. You can relax. You don't have to care. You can decide to stop caring, right now.

Breathe in and say "I don't care!"
Breathe out and really let go.

You don't owe anyone anything. There's nothing you have to do. Where you are right now, is perfect. What you want right now is who you are.

Breathe in and make peace.
Breathe out and smile!

Uplift yourself! You are the creator! You are in control!
You get to decide!

Breathe in and think about what you want!
Breathe out and congratulate yourself for doing the work.
For going higher than ever before. For saying yes. For trying.

You're perfect the way you are, and there's nothing to be afraid of.

Breathe in and know it's all working out.
Breathe out and bask in the magick that surrounds you.

YOUR UPWARD SPIRAL

7. Your Upward Spiral

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration!
Breathe out and release your resistance.

Clear your mind. Connect to your source. You know that there is god within you. You know that your source is inside of you. Connect to it. Be aware of it. Be aware of your connection to source.

Breathe in and know everything's taken care of.
Breathe out and relax.

Everything's working out. Everything's unfolding perfectly. You're doing a great job! You're letting it happen. You're allowing it to happen. You're allowing yourself to be. You're at peace with what is. Right now, what is, is so perfect!

Breathe in and smile
Breathe out and say thank you

Moment and moment we're given miracle after miracle. You have to be present to receive the present, but you've been doing that. You've been receiving. You're open to receiving now. You've slowed down, aligned yourself and opened yourself up. You're in receiving

mode now. You're allowing. You're letting go. You're trusting. In return you're being cared for, blessed, gifted, loved. You're allowing yourself to be loved.

Breathe in and congratulate yourself.
Breathe out and say yes to what is, because you're allowing yourself to be loved.

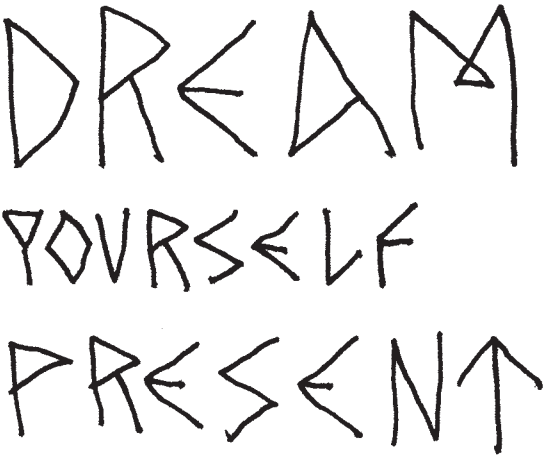
You're allowing yourself to be loved because you're so focused on loving yourself. You're doing a great job.

Breathe in and love yourself.
Breathe out and relax. You've come so far.

Everything is becoming more clear. You're getting better at the game. The game being being your own reason for feeling good. The game is how much can you like yourself. The game is how brightly you allow yourself to shine.

Breathe in and know this is the best day of your life and it's only getting better.

Breathe out and celebrate. You're on an upward spiral. Keep up the good work!


DREAM
YOURSELF
PRESENT

8. Dream Yourself Present

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration!
Breathe out and release your resistance.

Welcome back. You're awake, once again. If you want to stay awake, just repeat in your head, over and over, "I'm dreaming. I'm dreaming. I'm dreaming. I'm dreaming."

You're aware. You're aware that you are the dreamer. You're aware that this reality is an illusion. You're ready for the next level.

Breathe in and be here now.
Breathe out and remember, "I'm dreaming. I'm dreaming.
I'm dreaming."

Let the flow come through you. If you're not sure how to let the flow through you, ask yourself, "How do I want to express myself now?" And don't give up until you have an answer. "I'm dreaming. How do I want to express myself now? I'm dreaming. Nothing matters. It's just for fun. How do I want to express myself now?" It's not serious.

Breathe in and smile.
Breathe out and relax. We've figured out the game!

I'm dreaming I'm dreaming I'm dreaming. It's just for fun. How do I want to express myself now?

Breathe in
Breathe out

Say yes to yourself. Say yes to all the little voices in your head, giving you the answers. Not your thoughts, not the chatter, but listen for the dreamer. You are the dreamer, you're always in contact with the dreamer. It's all you. It's all one. We all get to dream together.

Breathe in and be here now.
Breathe out and don't worry.

If you start to feel overwhelmed, just say "I'm dreaming. I'm dreaming." Come back to the present. That's where you're awake in the dream. Come back to the present, that's where your power is. You can feel the instant you're outside the present because you don't feel as good. Pay attention to how you feel and you'll always know how to get back to the present.

CONSCIOVS BREATHING

9. Conscious Breathing

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration!
Breathe out and release your resistance.

Calm yourself. Be here now. Relax. Let your eyes close. Quiet down all the inputs. Rein in your attention. Bring your focus to right now.

Breathe in and be at ease.
Breathe out and stand up to yourself.

You can handle this. You can handle anything. That's your specialty. You roll with the punches like a pro. You can handle this.

Breathe in and focus on your breath.
Breathe out and smile.

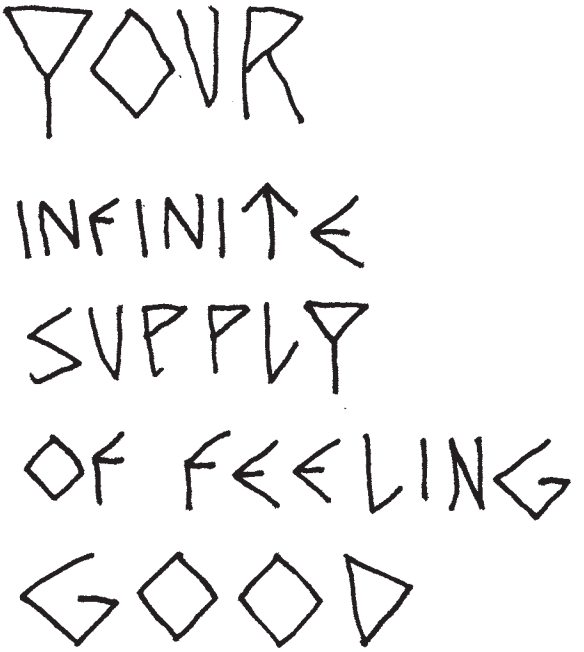
Just bring your attention to your breath. Just watch your breath. Think, "In. Out. In. Out." It's just a cycle that you're part of. We're all part of it. We're all part of it. We can all accept it right now. In. Out.

When you say yes to the cycle of on and off, of yes and no, you establish rhythm within yourself. You acknowledge the frequency of life.

Breathe in and be at peace.
Breathe out and pay attention.

Close your eyes. Ignore the sounds. Ignore everything but your breath. In. Out. Any time you experience contrast, just watch. Watch your breath. Someone insults you? Say, "In. Out."

Be conscious of your breathing and watch how good you can feel.


YOUR
INFINITE
SUPPLY
OF FEELING
GOOD

10. Your Infinite Supply of Feeling Good

Breathe in and raise your vibration
Breathe out and release your resistance

Breathe in and raise your vibration
Breathe out and release your resistance.

Picture universal energy coming in to your body through the crown of your head with every breath. Picture that you are connected to source. Imagine your connection. Focus on your connection.

Breathe in and smile.
Breathe out and relax.

Look around at the moment you're currently in and marvel at the miracle. You're awake right now. You're lucid in the dream right now. You're conscious more and more of the time.

Breathe in and bring universal energy into you.
Breathe out and feel yourself lightening up, because it's not that serious.

You believe in yourself more than ever before.
You're trusting in this moment.

Breathe in and connect to your source.
Breathe out and know that you're always connected to your source.

It's your choice what you place your attention on and you can place your attention on your connection to source right now. You can carry that connection to source with you like a magickal talisman--a lucky charm. You always have it in the back of your mind, there's always a part of your awareness on your connection to source. It's the energy flooding your body with light. It renews with every breath.

Your connection to your source is your infinite supply of feeling good.

There is no limit to the depth of your experience.
There is no limit to the depth of the dream.
There is no limit to how aware you can become.

YOUR
STORY
HAS A
HAPPY
ENDING

11. Your Story Has a Happy Ending

Breathe in and raise your vibration!
Breathe out and release your resistance.

Breathe in and raise your vibration!
Breathe out and release your resistance.

Be at peace. What you want, you already have.
You already are everything.

Breathe in and clear your mind.
Breathe out and feel the veil growing thinner.

In the moment, in the right Now, you always know exactly what to do. You can feel your way through life. Even if it doesn't look right, it is right. Trust the unfolding. Trust the process. Trust the dips, because without the dips you can't have the highs.

Breathe in and be here now.
Breathe out and remember it's just a dream.

We're just dreaming together. So let's have fun!

Breathe in and smile.
Breathe out and lighten up.

You don't have to take it seriously. Nothing is serious.

We're here for fun.

Breathe in and remember nothing matters.
Breathe out and relax.

There's no pressure. You can't become any more whole or any more perfect. You can't become better. You can't improve. You're already perfect.

Breathe in and bask in your perfection.
Breathe out and celebrate your life.

Your life is the greatest story ever told. You're still in the middle of telling it.

Breathe in and empty your mind.
Breathe out and let your thoughts go.

There's no stress or pressure to tell your story. You ARE your story. When you let your thoughts go, when you empty your mind, you can feel the story. You can feel that the happy ending already happened. The happy ending is that there is no ending. The happy ending is that love is everything. The happy ending is that it's just a dream, and it really is just for fun.

Breathe in and just be here now.
Breathe out and know you have the solution.

Your life is working out. You're seeing evidence every day. If at any time you get stressed, just go back to your breath.

In.
Out.

In.
Out.

If you're stressed about something or worried, you can stop thinking about it. If you let yourself stop thinking about it, it will resolve itself. You have the power. You're in control, and you control by letting go. You let go by dropping the thoughts that don't feel good.

Breathe in and observe your thoughts.
Breathe out and know that you are the creator. You've created heaven for yourself. Now we all get to enjoy it.