

Welcome to gogoflow this week. I'm glad you're here.

Today's meditation is for anyone asking themselves what is next for me or what will I do now?

I'd like you to find a comfortable position that you can hold for a few minutes, relax into your surroundings and really feel and notice what is around you.

Are you sitting up straight? Are you laying down? What does the surface below you feel like against you?

How does it feel to be taking this time out of your day to just focus on yourself?

Once you've settled into your resting position, take a few deep breaths inhaling and holding it at the top before exhaling out of your mouth.

As you breathe, allow the thoughts swirling in your mind to slow down.

When distractions do find you, I encourage you to put them to the side and focus yourself back onto your breath.

Feeling uncertainty is a normal part of the experience. It is only natural for us to question things about our future and to wonder what our next step in life is going to entail.

Whether you are feeling uncertain about your studies, certain relationships or your career. It is okay to accept these thoughts and allow them to exist while passing over you. It is normal to not have answers to these unknowns right away, and to not feel compelled to find these answers right away, either.

We can only control so much of what happens next to us and for us.

Release your desire to dictate what is going to happen for you that is completely out of your control. Trust and know that you are enough and everything that is meant for you is already on its way to you.

Now, during this meditation, you might have thought of new questions, or maybe you think about the same ones over and over. The next time those doubts or questions come to your mind, I invite you to replace these questions with this mantra.

What is for me is already on its way to me, what is meant for me will find me.

Take a nice, slow inhale, and as you exhale, contemplate this mantra, and what it means for you right now, what it means for you in the future and how you can incorporate this mindset into your thoughts.

The next time you start to question your path or the journey that you're on, send away all of the thoughts in your mind that question what you are doing next and who you will be in this life.

instead guide your focus onto what is already within you at this very moment. Bring your attention to where you were five minutes ago, five days ago, and five years ago.

You had questions then that you know the answers to, and know you will never be in this exact moment of wonder or questioning again. So embrace it.

As you may know, a lot of these meditations were created for my own inspirations and doubts, and if there's ever a certain topic, you would like me to cover, or you have an inspiration within you, I would love for you to let me know, to reach out to me by email, which you can find in the show notes or any of my social media platforms.

And of course, please share the episode if you enjoyed the meditation and you can catch me every other Friday with another gogoflow guided meditation until next time. Thanks so much.