

Simple soulmate meditation

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Start by finding a quiet and comfortable place where you won't be disturbed. Sit down or lie down and take a deep breath.

Close your eyes and focus on your breath. As you inhale, imagine filling your body with positive energy and light. As you exhale, imagine letting go of any tension, anxiety, or stress.

Visualize a bright white light surrounding you. This light represents love and positive energy.

Now, imagine yourself in a beautiful and peaceful place. It could be a beach, a forest, a mountain top, or any place that brings you happiness and peace.

In this peaceful place, visualize yourself meeting your soulmate. See your soulmate.... approaching you, smiling with open arms. See the love and connection between you both.

Feel the love, warmth, and connection between you both. Imagine yourselves holding hands and feeling the energy of love flowing between you both.

Now, imagine yourself in your future life together. See the happy moments, the adventures, the laughter, and the love that you will share.

Take a few more deep breaths and imagine this future becoming a reality.

When you are ready, slowly open your eyes. Take a few deep breaths and feel the energy of love still surrounding you.

Thank you for joining me on this soulmate meditation journey, I hope you found it to be a peaceful and refreshing experience. I am Jivita, and I am honored to have guided you on this path toward your soulmate.

Remember..... the connection you have with your soulmate.... is unique and special, and it is important to cultivate it... with love, patience, and appreciation. So, take a deep breath... and hold onto the feelings of gratitude.. and love.. for your soulmate, knowing that your soulmate is always with you.

Until next time, I wish you all the love, peace, and happiness in your journey with your soulmate.

Reiki Blessings

Jivita