

# Inspired Home Series

## DAY 1

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Begin by finding a comfortable seated position, gently closing your eyes, and taking a deep breath in. As you exhale, release any tension or distractions from your body and mind.

Bring your awareness to the present moment and feel the stillness within you. Allow your breath to settle into a natural rhythm, anchoring you in the present.

Now, repeat the affirmation silently to yourself: "My home is a harmonious space where peace and balance reside." Feel the words resonating within you, affirming this truth.

Visualize your home in your mind's eye. See each room, the layout, and the decor. Picture your home bathed in a gentle, calming light. As you hold this image, feel a sense of tranquility and balance washing over you.

Imagine your home as a sanctuary, a place where peace and balance effortlessly coexist. Picture the elements of your home—furniture, colors, and decorations—blending together harmoniously, creating an environment that nurtures your well-being.

Now, shift your focus to your own being, your inner self. Sense the peace and balance within you. Feel how this inner state radiates outward, infusing your home with a tranquil energy.

Imagine that this peaceful energy flows through your body, spreading out into each room of your home. Visualize it touching every nook and corner, imbuing the space with a sense of serenity and equilibrium.

As you continue to breathe, let go of any lingering tensions or discordant thoughts. Embrace the affirmation: "My home is a harmonious space where peace and balance reside." Know that your home is a haven that supports and nourishes your well-being.

Take a few more moments to sit in this space of harmony and affirming energy. Breathe in deeply, absorbing the positive energy surrounding you. And as you exhale, release any remaining stresses or imbalances.

When you're ready, gently bring your awareness back to the present moment. Wiggle your fingers and toes, allowing yourself to reawaken. Open your eyes slowly, carrying this sense of harmony and balance with you as you move through your day.

Remember, you can revisit this meditation whenever you desire a reminder of the affirmation: "My home is a harmonious space where peace and balance reside." Embrace the power of your intention and let it guide you in creating and maintaining a harmonious and balanced living environment.

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