

Workshop WORKBOOK

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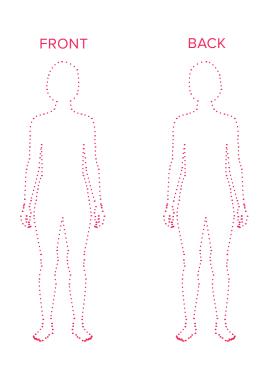
#### **Meditation Workshop**

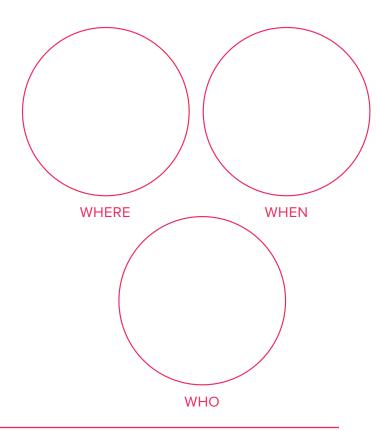
TAM RESOLUTE	2–3
I AM TRUTH	4–5
I AM PROTECTED	6–7
I AM JUST RIGHT	8–9
I AM BRAVE	10–1
I AM CAPABLE	12–13
I AM LOVED	14—15
I AM SECURE	16–17
I AM SAFE	18–19
I AM HEALING	20–2 <sup>2</sup>
I AM OPEN	22–23
I AM GRATEFUL	24–25
BONUS: I AM	26–27

#### BTR.ORG MEDITATION I AM RESOLUTE



EXERCISE 02



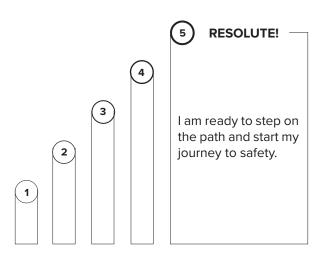


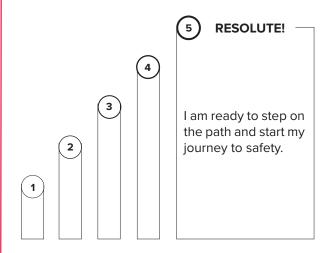
#### EXERCISE 03



IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

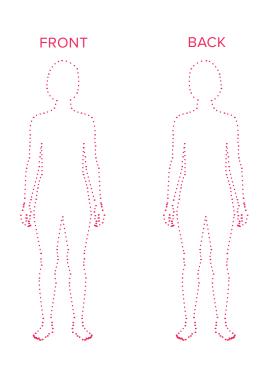
#### **EXERCISE 05**

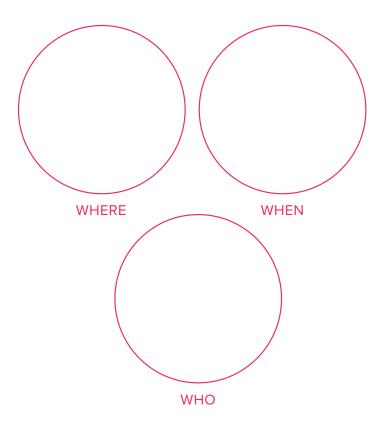






EXERCISE 02





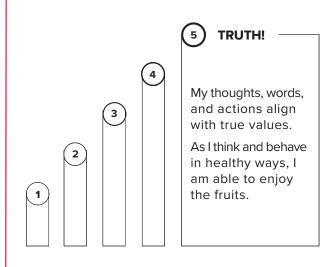
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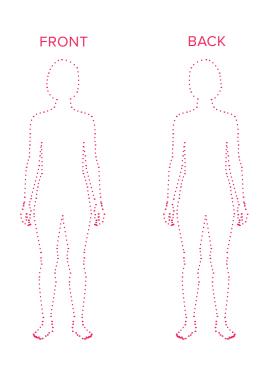
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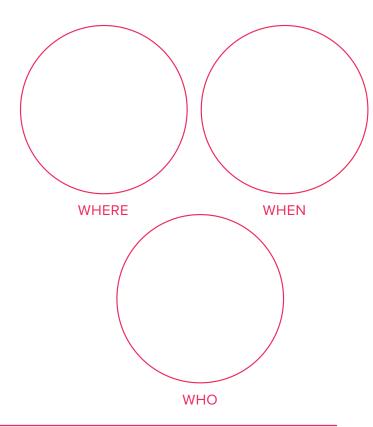
## My thoughts, words, and actions align with true values. As I think and behave in healthy ways, I am able to enjoy the fruits.





EXERCISE 02





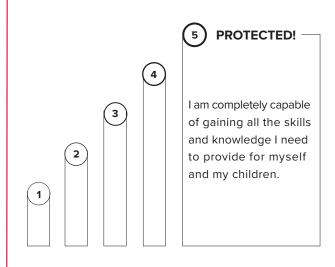
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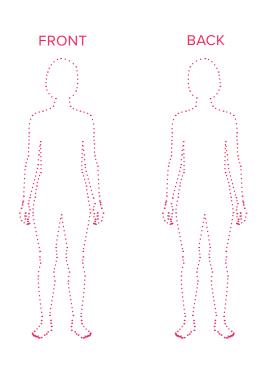
### I am completely capable of gaining all the skills and knowledge I need to provide for myself and my children.

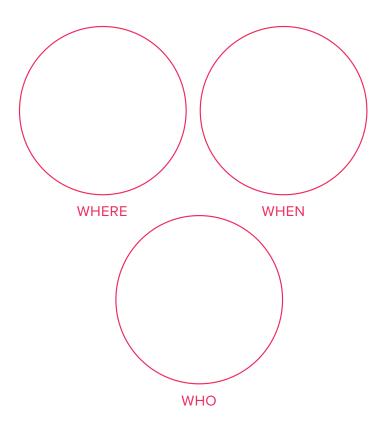


### BTR.ORG MEDITATION I AM JUST RIGHT :....

**EXERCISE 01** 

EXERCISE 02





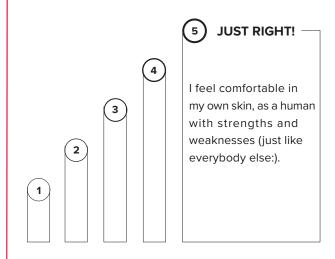
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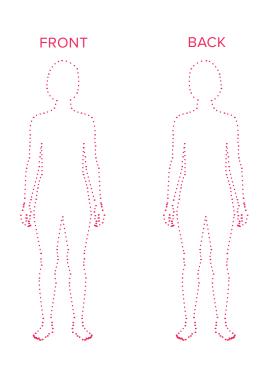
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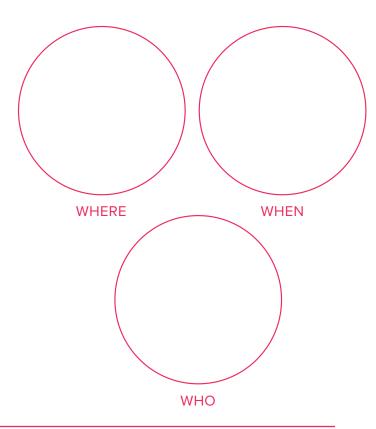
## JUST RIGHT! I feel comfortable in my own skin, as a human with strengths and weaknesses (just like everybody else:).





EXERCISE 02





#### **EXERCISE 03**



IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

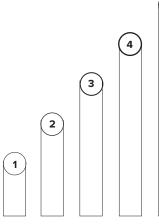
#### **EXERCISE 05**

#### (a) (a) (a) (b) (d)

5 BRAVE!

I experiment with true principles to make my way to emotional safety. I know that doing it poorly at first is the only way to learn to do it well eventually. So I move forward even though I know I will make mistakes, look awkward, and do it "wrong" sometimes.

#### **EXERCISE 06**

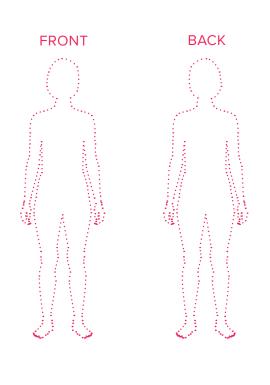


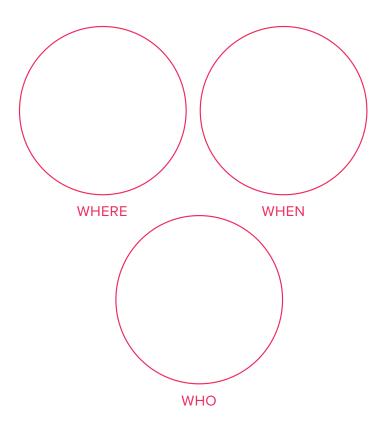
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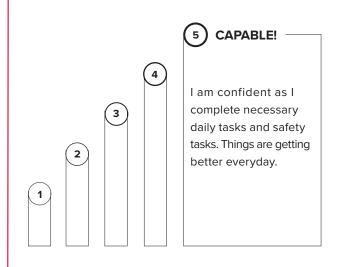
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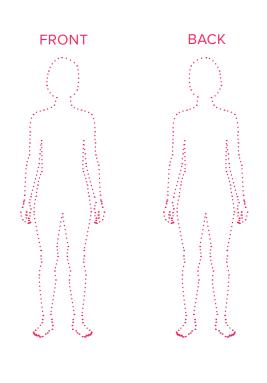
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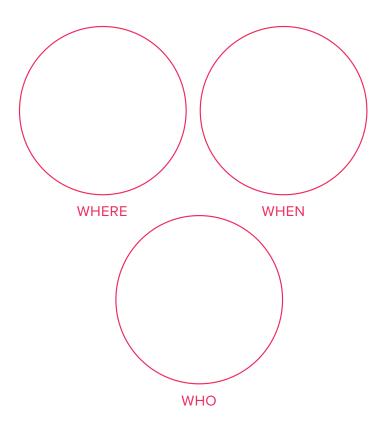
# I am confident as I complete necessary daily tasks and safety tasks. Things are getting better everyday.





EXERCISE 02





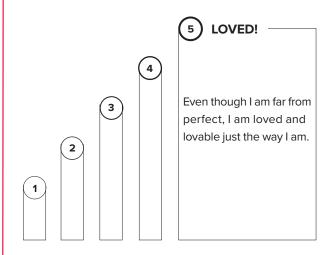
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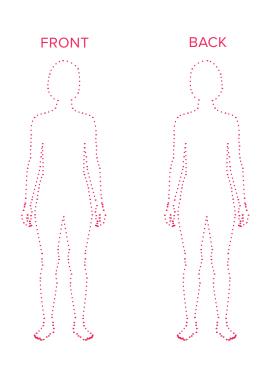
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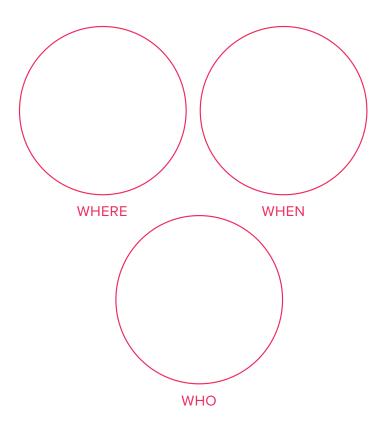
# Even though I am far from perfect, I am loved and lovable just the way I am.





EXERCISE 02





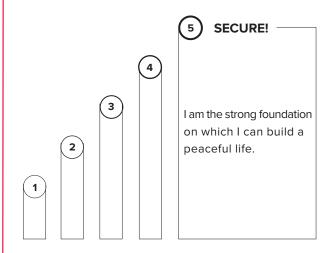
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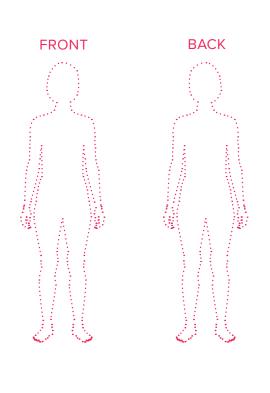
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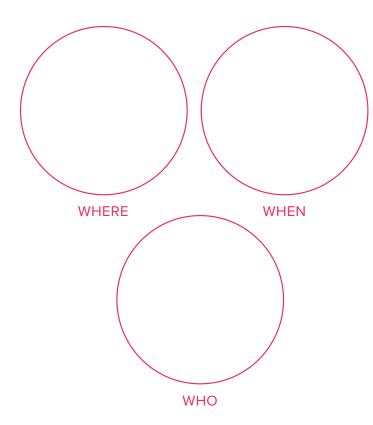
# 3 I am the strong foundation on which I can build a peaceful life.





EXERCISE 02





#### EXERCISE 03



IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

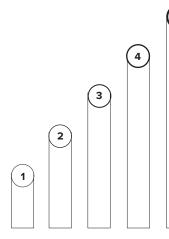
#### **EXERCISE 05**

### (4) (3) (1)

#### 5) SAFE!

My innate glow repels darkness without me having to say a word. I create a protective barrier between myself and anything dangerous, so I can peacefully observe from a safe distance.

#### **EXERCISE 06**



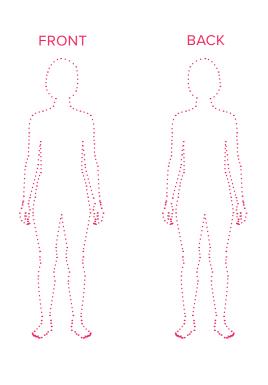
#### 5 SAFE!

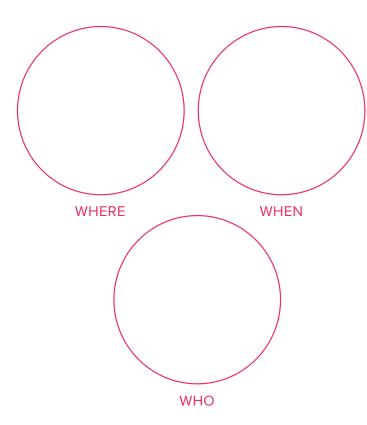
My innate glow repels darkness without me having to say a word. I create a protective barrier between myself and anything dangerous, so I can peacefully observe from a safe distance.

### BTR.ORG MEDITATION I AM HEALING

**EXERCISE 01** 

EXERCISE 02





#### EXERCISE 03



IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

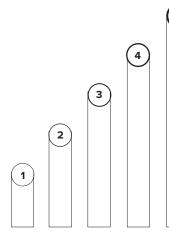
#### **EXERCISE 05**

### (4) (3) (1)

5 HEALING!

Because I am finally emotionally and psychologically safe, with no one constantly injuring me anymore, I am able to finally tend to my emotional and psychological wounds. I start the final healing process.

#### **EXERCISE 06**

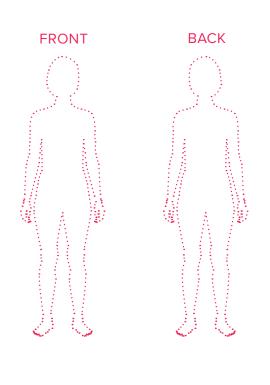


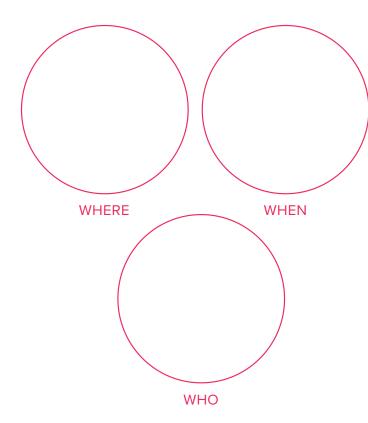
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EXERCISE 02



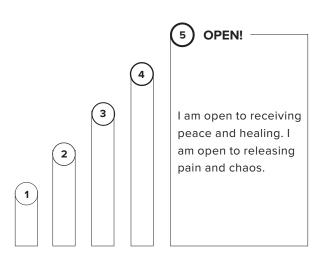


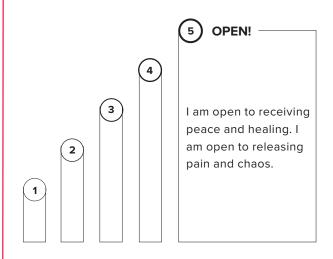
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IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

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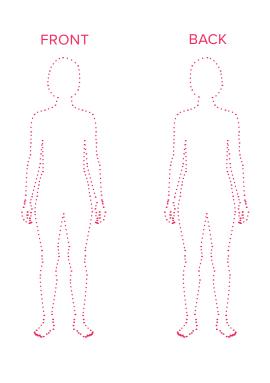


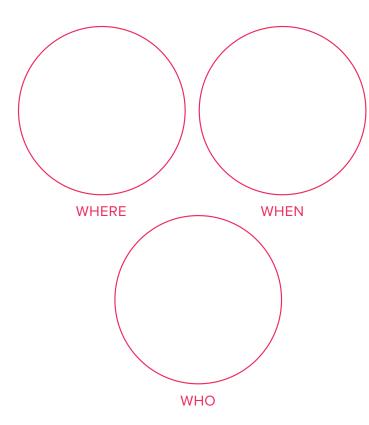


### BTR.ORG MEDITATION I AM GRATEFUL :....

**EXERCISE 01** 

EXERCISE 02





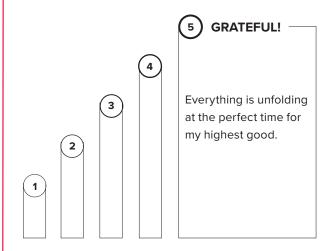
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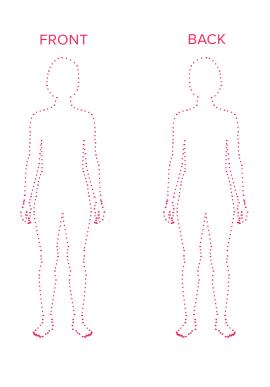
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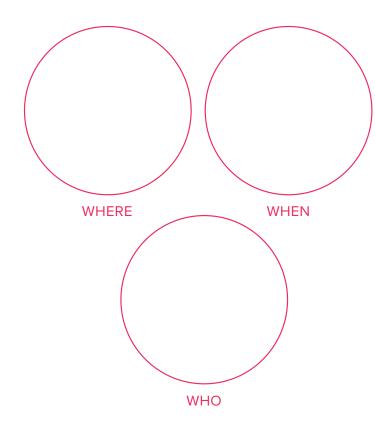
# Everything is unfolding at the perfect time for my highest good.





EXERCISE 02





#### EXERCISE 03



IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

#### **EXERCISE 05**

