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3-S

Stretch

#1: Reach your arms high above your head, press your palms together, and affirm:

_Today I take my Spiritual path_

#2: With palms together, press your thumbs against your forehead between your eyebrows, and affirm:

_Thoughts reflecting my Spiritual nature_

#3: With palms together, press your thumbs against your mouth, and affirm:

_Words reflecting my Spiritual nature_

#4: With palms together, press your thumbs against the midpoint of your chest, and affirm:

_Emotions reflecting my Spiritual nature_

#5: With palms together and fingers pointing away from the body, press the heels of your hands against your lower abdomen, and affirm:

.Actions reflecting my Spiritual nature_

#6: With arms outstretched and to your sides and palms facing away from the body, open your hands wide, with fingers outstretched, and affirm:

_Perceptions reflecting my Spiritual nature_

#7: With arms outstretched above your head, hands wide open, press your palms upwards towards the sky, and affirm:

_Open and receptive to my Spiritual nature_

#8: Returning to the starting position, with your hands raised high above your head, press your palms together, and affirm:

_I am my Spiritual nature_