

Aspirations Daily Meditation Guide For Diabetics Three Aspirations Daily

Aspirations Daily Meditation Guide for Diabetics is a daily meditation guide for people with diabetes. It provides three aspirations to focus on each day, along with a meditation to help you achieve those aspirations.



Aspirations, A Daily Meditation Guide for Diabetics - Book Three (Aspirations. Daily Meditations for Diabetics 3)

★★★★★ 5 out of 5

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The three aspirations are:

1. To live a healthy and fulfilling life with diabetes.
2. To make choices that support my health and well-being.
3. To find peace and acceptance with my diabetes.

The meditations in this guide are designed to help you connect with your inner wisdom and strength, and to cultivate the qualities of compassion,

gratitude, and self-acceptance.

If you are living with diabetes, I invite you to join me on this daily meditation journey. Let's work together to create a life of health, happiness, and peace.

Here is a sample meditation from the guide:

Meditation for Peace and Acceptance

Find a comfortable place to sit or lie down. Close your eyes and take a few deep breaths.

Bring your attention to your breath. Notice the rise and fall of your chest as you breathe in and out.

As you breathe in, say to yourself, "I am breathing in peace." As you breathe out, say to yourself, "I am breathing out acceptance."

Continue breathing in peace and breathing out acceptance for several minutes.

As you meditate, allow yourself to feel the peace and acceptance flowing through your body and mind.

When you are ready, open your eyes and take a few deep breaths.

May you find peace and acceptance with your diabetes.

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Click here to Free Download your copy of **Aspirations Daily Meditation Guide for Diabetics** today.

The guide is available in paperback and eBook formats.

Thank you for reading!

Sincerely,

Dr. Susan B. Taylor



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