

Personal Reflection Exercises...

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In summer storms, there is great power. I sense the power these storms have and I harness that power for myself.

I enjoy the thunder and lightning. The powerful strikes of lightning and strong sounds of thunder are exciting natural events. Nature's power display reminds me that I have a great deal of power within myself. ***I acknowledge my own strength and power during meditation.***

Storms can be frightening, but they have great power for change and growth. That is true with both weather and emotional storms. When I feel like I'm in the middle of an emotional storm, I remember that strength and power come from that place. ***How I see my storm affects how I respond to it and what I learn from it.***

I take my storm's strength and use it for meditation. I channel the strength I get from the storm and focus my meditation on my dreams.

The storm meditation gives me strength to move forward. I know that I can accomplish anything because I am strong and powerful. ***My meditation helps me remain tough and brave.***

I have internal strength, which I remember to use when I need it. Because I am strong and powerful, I offer strength to others. ***I help people by being strong for them.***

People appreciate me because of the strength that I show in my own life and because I pass that strength to others to hold onto. I revel in my meditative strength and carry it with me always.

Today, I use my meditative power to strengthen and improve my life.

Self-Reflection Questions:

1. How can I more easily harness the power of a summer storm and carry it with me?
2. What can I do to hold on to my meditative power?
3. What is the best way to bring my power and joy to others?