



Ep 16 Confessions of a Meditation Addict

Do you set yourself up for the day ahead by getting into alignment before action in the morning? Or do you tend to start with the news, work, social media or jumping straight out of bed into 'doing' mode? How are your mornings - is there anything you'd like to change?

In this episode I speak of not understanding what having 'space between my thoughts' meant. Explore below what you think it means. How often do you experience 'space between thoughts'? What does it feel like when you do?

Do you feel any resistances to meditating? Are any of those simply stories you're telling yourself about what you think is or isn't possible or how you think it "should " be done? What might happen if you dropped those stories, let go of those resistances and simply gave it a go in your own way?

What time or times if the day feel like they'd benefit from a meditation or a meditation break to realign?

What might you do to bring more meditation into your life?



Project Me



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You can find my meditation in the free Insight Timer meditation app. Use the search bar function and type in Kelly Pietrangeli OR the title: [Morning Segment Intending With Positive Affirmations](#)

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Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x

