

Neshama Meditation

By: Sara Bluming

A letter to Self:

I question myself, I doubt my self-worth. My inner world is dark and ugly at times. But wait! There is a deeper truth to my existence, and need to tell it to myself again and again and again until I believe it, until I live by this truth. I am a NESHAMA. I am a piece of the infinite G-d, which means I am infinite too. My Neshama, my essence, is pure and holy. Nothing I do or don't do can take away from the perfection of my Neshama. The choices I make do not affect my Neshama. The struggles I face do not affect my Neshama. It is and will always remain a most beautiful, perfect and infinite part of G-d.

I think about the day I was born, a most significant day for the world. My beautiful Neshama came down to this world for a mission and purpose that only I can accomplish! G-d chose ME to be here, I am needed. My birth is G-d telling me that I matter, I make a difference.

No matter what the vicissitudes of life bring, I will always be a most beautiful and pure and precious Neshama, shining through and through. I AM worthy, I AM valued, just the way I am right now.

I am a child of G-d. G-d adores me and loves me like an only child born to his parents at an old age. It doesn't matter how many times I failed today or how many struggles I faced today. To G-d it makes no difference. He loves me just the way I am, because I am His beautiful and pure and precious Neshama. I need to remember-nothing I do or don't do can take away from that truth.

I will always be a beautiful, holy, pure and shining Neshama. I bring pride and joy to G-d, just by being me. Just the way I am.

Close your eyes, and take a deep breath. Imagine you are looking inward, to your Neshama. Imagine your Neshama like a glittering gold diamond, radiating and

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reflecting light and beauty all around. See the strong, powerful light shining from your Neshama.

Say these affirmations, tell yourself these truths out loud:

-I am a Neshama.

-G-d needs me. I matter to the One who matters most.

-I am worthy just the way I am.

-Nothing I do or don't do can take away from my infinite and precious Neshama.

-G-d loves me so deeply and unconditionally, no matter the choices I make or the struggles I face.

-I am a Neshama.