



39. PRACTICE MEDITATION

Something tells me you've heard this advice before... :)

But please don't ignore it this time!

Your soul/higher-self has been trying to get through to you with this message for a reason!

Making meditation a part of your daily routine is one of the best ways to help you become an OBSERVER instead of attaching to the outcome or getting hung up on something that really drains your energy.

Don't worry; it doesn't have to be a lengthy complicated process!

Even spending 10 minutes a day of focusing on your breath is enough to create some powerful changes in your life, bring in a sense of peace, and to become much more mindful.

So, please take some time to relax, reflect, and be still daily.

It's never too late to start, and it's something you can do anywhere, anytime.

Your mind and soul will thank you, and your reality will expand in some beautiful ways.



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