

## You Are The Light - A Bedtime Meditation - Mindful Kids

You are LOVE, You are LIGHT,

You are SAFE, You are STRONG.

You are SACRED, You are INFINITE,

You are WISE, You are ONE.

You are TRUTH, You are PEACE.

You are BRAVE, You are BOLD.

You are CAPABLE, You are THRIVING,

You are JOY, You are FREE.

You are BEAUTY, You are GRACE, You are HARMONY.

You are GENTLE, You are KIND,

You are RADIANT, You are MAJESTIC,

You are EVERYTHING, You are ENOUGH.

Walk your path. Speak your truth. Be mighty. You can make the mountains move.

Listen to your voice. Awaken your passions. Be courageous. You have eternity inside of you.

Embrace your strength. Own your power. Be wild and then be still. You are a queen, a king, a priestess, a priest, a holy and blessed one.

Trust your knowing. Listen to the still small voice guiding you. Have faith. You are never alone.

Connect with your body. Receive its wisdom. Create movement. There is bliss in rhythm and flow.

Love yourself. Know your worth. Be you. All things are possible.

You are the light. Shine it bright. So bright it will guide us all.

\*Before you begin, set the space with your child. Create a mindful bedtime routine which may include essential oils, breathe work, Time-In, prayers, talking to God, listening to soothing sounds, and more. Use this meditation when your child is ready to sleep and needs to be sent off onto the astral filled with love.

\*\*This song is owned by Mindful Kids. If you would like to share this song in any of its forms, and we welcome you to, please always link back to the Mindful Kids community so it can grow and those who need us can find us! Thank you for your honesty and understanding.