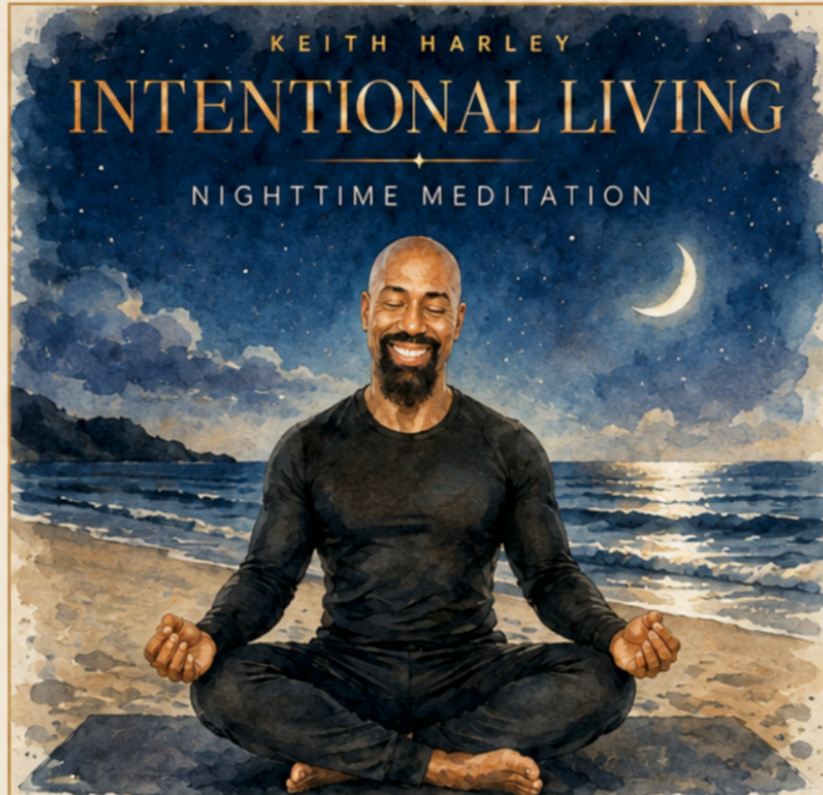


INTENTIONAL LIVING

Meditate With Me

LET ME SHOW YOU HOW

NIGHTTIME MEDITATION



- 01 | **CREATE CALM**
Dim the lights, silence notifications, and prepare your room for rest.
- 02 | **PRESS PLAY**
Use headphones or play the meditation softly beside your bed.
- 03 | **GET COMFORTABLE**
Sit supported or lie down. Let your hands rest naturally.
- 04 | **SLOW YOUR BREATH**
Close your eyes. Inhale gently and make each exhale longer.
- 05 | **RELEASE THE DAY**
Let Keith's voice guide you. Allow thoughts and tension to pass without judgment.
- 06 | **RECEIVE YOUR REST**
When the meditation ends, remain still and allow yourself to drift into sleep.

BEST TIME TO LISTEN

After your evening routine—once you are ready to disconnect and rest.

*I release this day.
I am safe, peaceful,
and ready to rest.*



SCAN TO LISTEN



APPLE MUSIC



SPOTIFY



AMAZON MUSIC