

*For Our Sisters*  
108 Meditations  
For Joyful Living

by Denise Dare

*For Our Sisters: 108 Meditations For Joyful Living*  
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For my mama, the foundation of love in my life.

For my daughters, dreams come true.

For all our sisters of the Earth.

Greetings Beautiful!

Thank you for following your intuition to right here and now. I'm so happy you've discovered this little book of meditations.

This collection is designed to inspire, uplift, and bring you back to center, to that place of peace and love.

Feel free to read this book in any way that feels aligned for you. One of my favorite ways is to close my eyes and open to any page...trusting that just the right message will be revealed at exactly the right time.

Originally, I wrote these meditations as guidance to gift my daughters. Then I realized that the practices I want to share with my girls are exactly what I want to share with women all over the world.

These are the practices and truths that I have learned so far... and that have transformed my life experience. Living is learning, so this collection will inevitably evolve over time.

It is with a humble heart and so much love that I offer these words to you. Each of us is unique, so please only integrate what resonates with you.

May you be blessed and feel the love, always.

Love & Peace,

Denise

Mind

Be aware of your  
thoughts and desires.  
What you focus on is  
what you see.

Decide how you want to  
feel each day.  
Let this desire lead you.

Reframe negative  
thoughts by practicing  
appreciation.



Nourish your mind with  
loving, peaceful  
thoughts.

Begin each day with  
appreciation...

For yourself, for your life, for  
this day, for possibility. For the  
earth, the sky, the water, the  
creatures. For love, for  
kindness, for wellbeing, for  
freedom. For breath, for  
movement, for this moment.

For dreams coming true.  
Giving thanks in advance is the  
way to align with your desires  
and manifest with ease!

{Start general if you're feeling less than  
good...be specific when you're feeling the  
flow of positive momentum.}

Appreciation is the  
foundation of  
happiness.

Remember  
this is your life.  
You choose  
your path of fulfillment.

Define success for  
yourself.

{Be sure it feels  
meaningful  
and true to you.}

Make effortless effort  
the goal.

Listen to your intuition.  
Trust yourself.  
{Stillness and quiet will  
help you receive the  
answers you're seeking.}

Meditate.

Not just while you're  
sitting with eyes closed,  
but also as you wash  
your dishes, take each  
step, do your work.

Let your life be a  
meditation.



Prioritize what matters  
most to you.

Let go of the shoulds.  
Say no more often, so  
you can say YES to what  
truly lights you up.

You have everything you  
need already within you.  
Trust yourself.

Align your thoughts,  
words and actions.

Ask for what you want.

Discover and create  
your own way.  
You know yourself best.

Find meaning, learning  
and growth in each  
challenge.

In the midst of struggle,  
ask yourself:  
“What would Love do?”

Forgive.  
{Start with yourself.}



Practice Ho'oponopono:

*I'm sorry.*

*I love you.*

*Please forgive me.*

*I thank you.*

Appreciate the mistakes  
and failures.

Let these be your  
greatest teachers.

Remember,  
“This too shall pass.”

What you think matters.  
Choose loving thoughts.

Stay curious.  
Let life be wonder~full.

Living is learning.  
Be committed to  
learning every day  
you live.

Question everything.  
Discover what resonates  
with you.

Be kind, gentle and  
compassionate.  
{Start with yourself.}



Love unconditionally.  
{Start with yourself.}

Love you.  
Everything begins  
within...  
And when you really  
love *you*,  
life is magical.

Look into your eyes each  
day and affirm:  
*I love you.*  
*All the time.*  
*No matter what.*  
*Just as you are.*

Know that  
you are enough.  
You are unique and  
special and always  
loved.

Feel the light  
within you.  
Be courageous enough  
to let it shine.

Visualize the life  
of your dreams.  
Focus on how it feels.  
Let this vision and these  
feelings guide you.

You have something  
meaningful and  
valuable  
to share in this life.  
You matter.

Choose joy.  
You have the choice.  
Always.



Love.  
Above all.  
No matter what.  
Because this is what  
matters most.

Body

Align your daily habits  
with your lifelong  
vision.

Create vibrant wellbeing  
for yourself.  
Healthy is sexy.

Move your body in ways  
that feel good to you.

Practice yoga.  
Explore how yoga can  
empower you to unite  
your breath, body, mind  
and soul.  
Let yoga be a lifestyle.

Make routines.

Build a foundation of  
organized systems and  
habits to create space  
for freedom and flow.

Break routines.  
Stay flexible and  
lighthearted  
about life.



Graciously give yourself  
permission to  
relax and slow down.

Rest upon the Earth and  
feel your connection to  
all that is.

Breathe deeply.  
{Especially in the most  
difficult moments.}

When you feel  
challenged, move into  
child's pose to reconnect  
with your breath, this  
moment, and your Self.

Speak your truth.  
Feel free to  
express yourself.

Communicate your  
appreciation.  
Say it. Write it. Show it.

Practice saying no.  
Only commit when it  
feels like a hell YES!

Let go of anything you  
no longer need.  
Make space for more of  
what you love.

{This includes activities,  
commitments, projects, belongings,  
stories, beliefs, worries, fears,  
doubts...}



Use what you love.  
Life is now.  
Stop waiting for  
someday...  
Wear your favorite  
shoes to the park, use  
the fancy dishes on a  
Tuesday just because...  
Let every day be  
extraordinary.

Create a beautiful  
space...

In your heart.

In your home.

In your community.

Kiss.

Hello and goodbye.  
Appreciate the greeting  
and departing with  
kindness and love.  
There are no guarantees  
for a next time.

Hug.  
Every single day.  
And mean it.  
Be a good hugger.  
Give hugs that show  
people they are loved.  
Fully give and receive  
love from every hug.

Take time to appreciate  
the creatures  
of the Earth.

Be soothed by the  
natural rhythms and  
seasons of Life.

Care for and honor  
your body  
as your sacred home  
carrying you through  
this life experience.  
Let your daily routines  
become ritual as you  
honor yourself  
and your Life.

Ask your body for  
guidance about  
what and when to eat.  
Be conscious and aware.

Listen to  
your body's wisdom  
about which movement,  
nourishment or healing  
practice may support  
you to feel more vibrant  
and aligned.



Drink water...  
When you rise and  
throughout the day.  
Stay hydrated.  
Water is essential to  
wellbeing.  
Always start with water.

Nourish your body  
with foods from  
our Earth...  
as close to nature  
as possible.

Be present as you tend  
to your body.

Notice the sensation  
as you brush your teeth,  
as you oil your skin,  
as you breathe...

Give thanks for all the  
parts of you.

Make your self care  
sacred with attention  
and love.

Nurture yourself  
with care.

Explore natural  
practices for vibrant  
wellbeing.

Savor your  
shower or bath.  
Enjoy how you feel.  
Give thanks to Mother  
Earth for the gift of  
water and to humanity  
whose united efforts  
over time and space  
bring this luxury to you.

Give yourself  
the gift of Abhyanga ~  
Ayurvedic daily self oil  
massage.

One of the best  
self lovin' practices  
to nourish your  
grandest organ,  
your skin.  
And to feel radiant.

Cultivate and enjoy your  
sexual creative energy.  
This is a powerful force.  
Make the most of it.

Absorb and receive the  
energy of the sun  
graciously and  
consciously.

Acknowledge this  
brilliant source of light.  
And of life.



Savor each step today.  
Be present.  
Let your movement be a  
meditation.

Cherish the support of  
our Mother Earth ever  
sustaining you.

Put your bare feet  
on the earth  
and appreciate  
the wonder of nature.

Live loud or quiet.  
You decide  
what is right for you.  
Whatever you choose  
is perfect.

Share your  
energy and joy.  
Smile at anyone you see.  
Enjoy the feeling of  
giving and receiving this  
simple kindness.

Dance and sing!  
Even if it's in your  
jammies in the kitchen...  
dancing and singing  
inspire true joy.

Play!  
{Reconnect with your  
sense of wonder.}

Soul

Believe in possibility.



Enjoy each sacred step  
along your path.

Every ordinary day  
is a gift...  
worth appreciating  
and celebrating.

Look for beauty.  
It's all around us.  
{And within us, too.}

Practice grace and ease.

Let life feel good.

Allow joy  
to be your guide.

Trust your journey.

Dance to the beat of  
your own heart.  
It's the song that  
matters most  
in your life.



Give yourself  
permission.

Give thanks...  
Every single day.  
Make appreciation  
a habit.

Look for reasons  
to celebrate.  
Let your life be a  
celebration!

Tend to your energy  
with loving care.

Make the most  
of each moment.  
Practice presence.

Connect with Life.  
Be in nature daily.  
Feel rooted, grounded,  
supported.  
Notice how this  
heals and soothes you.

Remember  
this moment  
is the only present...  
and is oh so precious.

Give freely  
with an open heart.  
You have the power  
to do good.



Believe in magic  
and miracles.  
Make wishes.  
Be open to receiving.

Give.  
Receive.

Dream big and bold.  
You are powerful and  
can create the life of  
your dreams.  
Believe it to see it.

Honor your desires.  
Let desire fuel you.  
Let desire ignite  
possibility.  
Let desire inspire you  
to live on purpose  
and be your best.

Cherish the sunrise.  
Honor the beginning  
of a new day.

Admire the sunset.  
Recognize the magic  
of such beauty.

Be inspired.  
And inspiring.

Nourish your spirit  
with time for stillness.



Challenge status quo.  
Live extraordinarily.

Let pleasure  
be a priority.  
Life is meant  
to be enjoyed.

Make passion a priority.  
Passion keeps you juicy  
and vibrant.

You are powerful.  
Align yourself with  
the flow of feeling good  
and experience the  
magic of the Universe  
supporting you.

Share your heart.  
Stay open.  
Expansive.  
True.  
Bold.  
Courageous.  
Free.  
Be love.

Repeat daily:

*I am enough.*

Let your  
dreams inspire you.  
Know how loved and  
supported you are.

Cherish being alive.  
Be wonder~full.



Feel the energy  
of Life,  
of Love,  
of our ancestors,  
and of our sisters  
supporting you.

Remember:  
Everything is connected.  
We are one.  
Live and let live.

What you believe  
matters.

Believe in you.  
And possibility.

And magic.

And love.

Always.