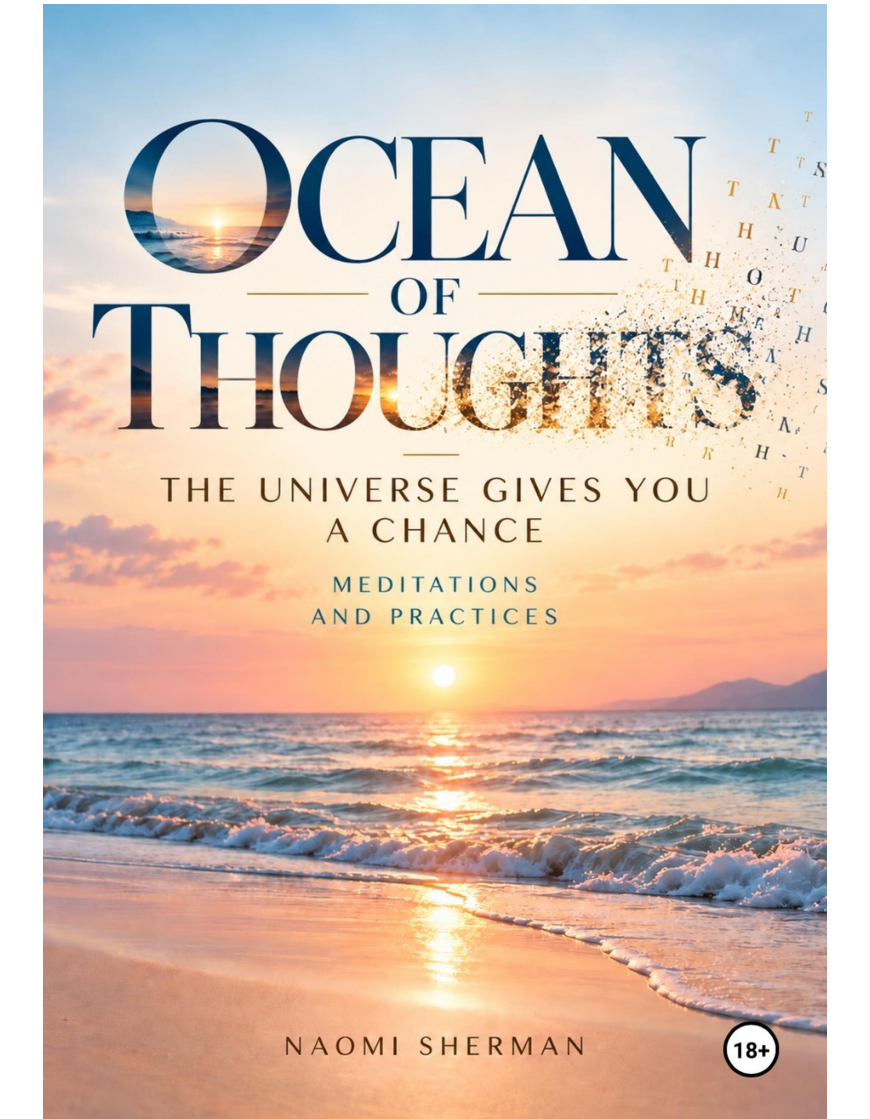




OCEAN OF THOUGHTS

THE UNIVERSE GIVES YOU
A CHANCE

MEDITATIONS
AND PRACTICES

NAOMI SHERMAN

18+

Nao Sher

OCEAN OF THOUGHTS THE UNIVERSE GIVES YOU A CHANCE. Meditation book

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Аннотация

What if the answers you are looking for are already within you?

Ocean of Thoughts: The Universe Gives You a Chance is a meditation practicum for anyone who wants to slow down, reconnect with themselves, and learn to look at their thoughts from a new perspective.

This is not a book about forcing yourself to think positively. It is a space for an inner pause — a place to release tension, find greater calm, and develop confidence in your own decisions.

Through meditations, breathing practices, and the imagery of the ocean, you will take a journey from inner noise to clarity, from doubt to self-trust, and from the fear of taking a step to the courage to try.

Sometimes change begins not with a life-changing decision, but with a few minutes of silence.

Perhaps the chance you have been waiting for is already near. And the first step is simply to hear yourself.

Содержание

Глава	4
Introduction. The Ocean Within Us	5
Before You Begin	7
Конец ознакомительного фрагмента.	10

Nao Sher
OCEAN OF THOUGHTS
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Meditation book

Глава

Chapter

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Naomi Sherman

Meditation Book

Introduction. The Ocean Within Us

And perhaps one day, you will look back and realize that the chance you had been waiting for began with one simple thing — the moment you finally allowed yourself to believe in yourself.

This book is a journey from inner noise to inner support. From doubt to self-trust. From constantly waiting to the ability to notice opportunities. From asking, “What if it doesn’t work out?” to the quiet feeling of “I’ll try.”

You can observe them without allowing every thought to determine your mood, your decisions, or your future.

Let your thoughts be waves, too.

Imagine the ocean. Waves come and go. The ocean does not try to hold on to each one. It remains the ocean.

The same is true of thoughts. We do not have to believe every thought that enters our mind. We can notice it, thank it for appearing, and choose another thought — one that is more supportive, calm, and kind to ourselves.

Sometimes it seems that confidence should come before we take a step. But sometimes it happens the other way around: we take a small step, realize that we managed, and that is when confidence begins to grow inside us.

Meditation is an opportunity to meet yourself in a calmer state and notice what gets lost in the rush of everyday life.

There is no need to rush anywhere. You do not need to

become a different person in a single day. You do not need to force yourself to think positively when you are feeling something completely different inside. All you need to do is pause and give yourself a few minutes of silence.

This book was created for those moments.

There is a space inside every person that cannot be seen with the eyes. It is where thoughts, dreams, fears, hopes, and decisions are born. Sometimes it is calm, like the surface of the water early in the morning. Sometimes thoughts come one after another, like waves, and it becomes difficult to hear your own voice.

Before You Begin

Let's begin.

Allow yourself to be here.

Observe.

Simply listen.

Do not force yourself to understand anything.

Do not search for them deliberately.

And now you are ready to begin a journey inward — into a space of silence where fleeting thoughts, sensations, or answers you need right now may appear.

Your thoughts are slowing down, too.

You can still feel your body, but it is becoming lighter and calmer, as if it is gradually releasing what is unnecessary.

Your legs.

Your abdomen.

Feel your hands.

They are becoming more relaxed.

Feel your shoulders.

Repeat this cycle three times.

Imagine the flow of air moving easily through your entire body and leaving it, carrying away any remaining tension.

Then take the same smooth exhale from the bottom upward.

Let your inhale be long and calm.

Do not rush.

The air moves gently through you like a stream of light, surrounding every cell.

Imagine that your body is a vessel gradually filling with clean air.

Now take a smooth, extended breath in, directing your attention from the top of your head downward.

Calm.

Complete.

Feel whole.

It moves through your chest, shoulders, arms, abdomen, back, hips, and legs — as if bringing your awareness to every part of your body.

Calmly.

Evenly.

Gradually.

Now imagine this energy beginning to spread gently throughout your body.

Imagine that this sphere contains all the energy that currently feels excessive or chaotic.

You may experience it as warmth, movement, a gentle vibration, or simply as an image. You do not need to force yourself to feel anything. Simply imagine it.

Imagine that there is a glowing, pulsing sphere of energy there.

Now bring your attention to the center of your chest.

And let the unnecessary thoughts leave with it.

Let the wave return to the sea.

And exhale.

Inhale.

Imagine that with this sound, you are releasing anxiety, inner tension, and everything you no longer need right now.

Now take a slow, extended exhale, gently imitating the soft hiss and sound of an ocean wave.

Конец ознакомительного фрагмента.

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