

Be With Melinda
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Sacred Vitality Meditations Menu

Daily Rituals

- Morning Breath & Energy Ritual
Awaken your body and align your day with clarity, vitality, and sacred presence.
- Evening Breath & Energy Ritual
Unwind with breath and intention, releasing the day and returning to peace.

Sacred Vitality: Seven-Day Reset

Each day explores a theme rooted in the seven days of creation.

- Day 1: Embrace Radical Self-Responsibility
A call to step fully into your life, reclaiming truth, vision, and purpose.
- Day 2: Feel to Heal
Allow emotions to flow with compassion, opening space for deep restoration.
- Day 3: Rooted and Replenished
Ground into presence, drawing strength and nourishment from sacred roots.
- Day 4: Align with Divine Timing
Step into harmony with the rhythm of creation and the unfolding of your path.
- Day 5: Voice and Vision
Awaken your authentic voice and expand your vision with clarity and courage.
- Day 6: Embodied Union
Integrate body and spirit in sacred union, embodying love and wholeness.
- Day 7: Surrender to Sacred Rest
Release into divine rest, trusting the Shechinah to hold you in renewal.