

# MAGIC HOUR PODCAST

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Sam Plavins | After Hours | Magic Hour Podcast

**Hope Mikal:** Hi, everyone! Welcome to *After Hours*, a brand-new segment of *The Magic Hour Podcast*, where I share space with our lovely guests, giving them the opportunity to talk about whatever their hearts desire. I'm so freaking excited today because Sam is here to share a meditation with us—oh my goodness!

For anyone who needs a refresher, Sam Plavins is the founder of *She Walks the Walk*, and she joined us on **Episode 22**, where we talked all about her journey into baton, reclaiming our lives, and stepping off the treadmill. Sam, thank you for joining us today and sharing your meditation. Let's get into it!

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## Guided Meditation: Tuning In and Stepping Out

**Samantha Plavins:** Thank you, Hope!

This is a short meditation that anyone can do—it takes about 6 to 8 minutes. My understanding is that you're going to overlay the track I've chosen to accompany the meditation.

To start, let's find a comfortable seated position. If you're sitting in a chair, make sure you feel supported, straightening your spine. Alternatively, you can lie down, but try to avoid standing or multitasking.

Now, let's begin:

1. **Inhale deeply through your nose.**
2. **Exhale slowly.**
3. **Repeat.**

Keep your eyes closed and gently shake out any excess energy in your hands. Let go of the stress from your day so far. Roll your head from side to side, right to left, and come back to the center.

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Become aware of your body. Relax and breathe into your seated position. Listen to my voice as I guide you through this meditation, where we will ultimately tune into our heart.

- Start by **feeling the hair on your head**. It sounds unusual, but if you focus, you can sense its presence. If you don't have hair, simply feel your head.
- Now, **tune into your ears**—both the outside and the inside.
- Move down to your **shoulders**, where we hold so much tension. Let them drop, release, and relax.
- Feel your **skin**, the largest organ of your body. How does it feel? Dry? Supple? Nourished?
- Now, place your **hands on your heart** and feel the rhythm of its beat. Settle in until you can truly connect with it.

Your heart holds your power. It holds your faith in yourself. It carries your dreams and your energy.

## Reflecting on Your Intentions

Keeping your hands on your heart, I want you to reflect on a few questions:

1. **What do you want to create for your life?**
  - Allow any images or ideas to come to mind.
  - Release judgment; it's okay if you don't have a clear answer yet.
2. **How do you want to feel in your life?**
  - Do you seek safety? Comfort? Calm?
  - Are you craving excitement, adventure, or change?
  - Is it freedom that you're longing for?

We all want to feel unburdened, fully alive, and like what we're doing matters. Breathe into those feelings.

Now, imagine that those feelings are within reach. Trust that your heart already knows what it needs. Picture a life where you honour what your heart is telling you—where you serve others but not at the cost of yourself.

## Stepping Into Your Path

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As we reflect on the life we want to create, remember:

- It doesn't matter what anyone else has told you.
- It doesn't matter how things *should* look on paper.
- What matters is that quiet voice inside your heart—it already knows what it needs.

If these thoughts stir up nerves or fear, know that it's completely okay. You are safe to welcome them in.

Now, rest your hands back on your knees.

To close, let's **visualize stepping onto the path that our heart already knows exists**—one where we feel free, alive, and awake. Hold onto that image as you go about your day.

Let's finish with three deep, cleansing breaths.

**Namaste.**

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## Closing Remarks

**Hope Mikal:** That was so beautiful. Thank you, Sam.

**Samantha Plavins:** Thank you! Ideally, this meditation will have the track I've selected so that the pauses feel intentional, rather than leaving people wondering what they should be doing. Let's just call this an experiment—we're both experimenting to see if this works and connects.

**Hope Mikal:** It's going to be great!

**Samantha Plavins:** Oh, there! I can see you now.

**Hope Mikal:** Perfect! Well, thank you so much for sharing this meditation. I know I'll be listening to it all the time.

*Tuning in and stepping out*—such powerful words we can return to again and again.

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**Everyone, be sure to connect with Sam on Instagram [@shewalksthewalk](https://www.instagram.com/shewalksthewalk)** and sign up for her newsletter. Her writing is incredible—every time I see one of her emails in my inbox, I'm so excited to read it. She shares such beautiful, thoughtful insights about her journey and where she's at in life.

You can also find her online at [shewalksthewalk.com](https://shewalksthewalk.com).

And don't forget to tune in for our next episode with Brie Pointer, a colourful brand designer, illustrator, and co-owner of Wayward Farms from Waterloo, Ontario.

**Have a magical day! ✨**