



Meditation

The meditation we will be doing is a spiritual and healing meditation focusing on God's white healing light of love and our chakra points within our bodies. The chakra points are known as spiritual, energy and healing points within our bodies.

Meditation Practice with Chakras

Align your back straight so that your weight is balanced centrally and relax so you are comfortable in your position.

Take a drop of Sacred Mountain in your hand and gently rub your hands together in circles three times then cup your hands over your nose and breathe in.

Close your eyes and focus on your breathing; starting with inhaling and exhaling in a balanced rhythm. It doesn't matter if you inhale for a beat of three and exhale for a beat of three, or you inhale for beat of five and exhale for a beat of five. It all depends on your own lung capacity, and what makes you pleasurable comfortable when you to breathe in a balanced rhythm. One of the most important factors now is to achieve an awareness and appreciation of a balanced breathing rhythm. Breathing rhythmically should become natural to you to slow your vibration at the beginning of all the meditations.

Meditation: Drawing down the Father's white light...

The stronger your visualization the greater the effect you will get from this meditation.

Visualize you are outside on a beautiful summer day. The day is warm but not hot. There is a gentle breeze. The sky is a beautiful blue hue with small white puffy clouds. Now visualize the sky opening up ever so slightly and you see the Father's beautiful white light sparkling like diamonds as it slowly descending down towards the crown of your head, your crown chakra. The crown chakra projects inspiration and allows inner communications with our spiritual nature to take place. It is the means through which we reach understanding and find meaning. Your crown chakra willingly opens up to receive the sparkling white light. Breathe in as you feel the light's beautiful warmth upon your head. See your crown chakra radiate a beautiful violet hue.

The white light is now flowing down through your crown chakra to your third eye calming my mind and relaxing your eyes. The while light illuminates the beautiful indigo color of the third eye chakra. It is the gift of wisdom that is the essence of this chakra. It is where your intuition and imagination become stronger. Breathe in as you feel your mind calms and your eyes relax and know that you are wise.

As your mind and eyes relax the white light starts to gently flow down to your throat chakra. The throat chakra is our voice center. It is through our spoken word that we express ourselves to others. Know that your throat is clear and open your voice utters tender truthful words. Breathe in as the light touches your throat chakra relaxing your neck and throat muscles with love light. Feel the glow as the white light radiates the sky blue color of this chakra.

The heavenly light is now making its way down to your heart chakra where it starts to fill your heart with the love allowing the light to pulsate in a beautiful emerald color. The heart chakra is considered to be our spiritual center, the central point of the chakra system. Breathe in as you feel your heart fills with love. You are at peace with the light and you feel truly blessed. You have love. You are loved. You give love.

Your heart is full of love as the white light flows down to your solar plexus chakra relaxing your body even more. Feel that serene warmth of the love light filling your body. Visualize this light bringing a beautiful sunny yellow glow into this chakra. The solar plexus chakra helps defines your self-esteem, your will. Breathe in as you feel your body relax. You feel good. You are good. You are at peace.

The white light continues its way to the sacral chakra where it engulfs the area with light that twinkles like stars. This twinkling light illuminates this chakra into a soft orange color. A well-functioning sacral chakra helps maintain a healthy balance of emotions and pleasure. Breathe in while you feel the healing light resonate in your body and know you are in perfect balance.

The white light now meanders down to the root chakra where it creates a glowing white ball of light that turns into a radiant rose color and pulsates ever so gently while it grounds you with contentment and peace. The root chakra is the grounding force that allows us to connect God's great earth. Breathe in as you feel stable, as you feel grounded.

Realize now that all of your chakra centers are full with the love light and they're connected to each other with an influx of the Father's light. Visualize the rainbow colors of the chakras radiating in your body with the Father's glowing white light as they swirl in unison radiating peace and love throughout your whole body.

You are at peace and for you know you are full of God's love. You are at peace, you are love, you are content, you are whole.

Take a few moments now to enjoy this feeling of wholeness.

"God, please open my mind's eye so I may see and feel your shining light presence close to me. Give me inner strength for my stumbling feet as I battle the crowd on life's busy street. And widen the vision of my unseeing mind's eye so in passing faces I'll recognize not just a stranger, unloved, and unknown, but a friend with a heart and soul that is much like my own. Thank you, God. Amen" ~Author ~Ruth Ann Mahaffey

Now slowly bring your consciousness back to this place and when you are ready slowly open your eyes and know you are a healthy, loving, spiritual being.

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