

Summer Meditative Thoughts



Breathing is a total experience happening on every level of your being. Through conscious breathing we can become more aware of how all parts of us are intertwined. Get to know your breathing patterns. There is no right or wrong way, but there is a conscious way.

Close your eyes to focus inward. Sit quietly for a few moments to gather your energy. Through your nose gently take a slow deep breath, filling your lungs, pause, then slowly release the breath out from your mouth. Do this again.

Now, take another deep breath and this time focus on the restfulness of the pause. In this pause there is no thought, no movement. Effortlessly allow another deep breath to rise out of the pause, and let the exhale dissolve into the pause again.

The pause is a well of deep peace for you. It is available to you anytime. Know that you can draw upon that peace with each breath. Continue this conscious breathing until you feel comfortable.

Now, visualize a ball of Light at the center of your chest, a Light like the shining sun. Feel the warmth of the Light radiating into your body, filling every cell.

Know that there is a perfect Light within your being that has been with you always. It was ignited at the moment of your soul's conception.

The Light is your stream of connection with All That Is. As you focus on the Light, it wells within you, it fills you, and it surrounds you, it is you.

Focusing on your Light releases you into wholeness.

This Light radiates the vibration of Love at the highest level. As this vibration filters through your body you become a golden, shimmering Light. It is from this place that you feel the infinite flow of creative energy, and you hear your wisdom.

Be with the Light. Be comforted. Feel the healing on all levels of your Being.

Expand your Light out around you to connect with all the other Lights. Visualize this Light moving out and around the Earth offering comfort and healing to the planet and life forms seen and unseen in the Universe.

May I know the beauty of my own nature

May I remain open hearted

May I be at peace

So Be It

