

## Hopeful Healing Thoughts

### 06. Reflecting the Light

Good afternoon Beautiful People,

I am so happy this meditation is coming in the afternoon because tonight is a super moon and we can use it as a symbol of reflection of light... being the Light and reflecting that to others. I experience the moon light as overflowing with gentle generosity... it's so beautiful, lights up the earth at night, and yes, I think it's romantic, but that's another story!

I believe there are messages everywhere for us. The moon does not produce any light of its own. When we experience moon light it is the result of the sun's light reflecting off the moon's surface. "As above, so below, as within, so without". We are in the middle of a crumbling paradigm. Let's continue to change how we see the world and how it sees us!

Let's put ego urges on hold for a while, enhance self-love and reflect that to each other.

Have you noticed the downward spiral of thoughts when you are stressed, angry, nervous, frustrated, disappointed or, my favorite, overthinking? It's so easy to get lost in the criticism of self and others. We believe dwelling, analyzing, spending our energy on a problem, will somehow help us figure it out so we can escape the discomfort we are feeling. Instead, we end up spinning in repetitive thought patterns, negative feelings, regrets, and we become more anxious and exhausted. We are so distracted by our thoughts that we lose sight of anything in the present. And we are reflecting that out to the world! And people feel it from us! How do you push that pause button and get back into the present and make a difference choice?

Actually, it simply is making a different choice. How do you pause to give yourself time to reset?

This meditation can be done in just a few minutes, or you can talk longer with it; either way, it can help you to pause and reset.

Get comfortable, ground, center and align your energy. Take some deep breaths and let's begin.

Focus on the soles of your feet and bring up Earth's energy to your heart center; feel it, observe it, allow it (whatever color comes through you is appropriate for this moment). After it is a deep established flow, focus on the crown and allow the vibrations of self-love to come into you... bringing it into your heart center; again, feel it, observe it, allow it. Feel those two vibrations mixing through your body... flowing, moving through your heart center out into your energy field.

Move the energies around you; now as you have learned before, turn the energy counterclockwise ( it will take a few moments for that to happen, focus and concentrate) and spin off those negative thought, affirm that you are releasing thought patterns that do not enhance you, any illnesses, aches and pains that do not serve your Light, and belief systems that are holding you back from your highest good... allow the energy to spin for a few minutes then slowly turn the energy around your body to a clockwise position.

Now that your system is clearer, affirm that you love yourself, appreciate who you are in the Universe, give yourself permission to feel your feelings but that they will not be distraction from enjoying your life.

Now open your heart to the world and put that energy out for everyone... reflect your Light for everyone to feel. In allowing yourself to feel clear, open, receptive you are allowing that for everyone. Enfold your beautiful Light around the Earth like you are giving it a big hug, opening your heart for healing for all.

Just as the moon reflects the light of the sun, you are reflecting the Light of the Universe. You truly are a miracle. And we need your miracle to make positive change.

Thank you all. It's necessary to put energy into a new paradigm, it will not go back the way it was and together we can create a healthier and happier one. It all begins with the self! Watch for the super moon tonight!

Blessings to us all,

Deborah