

GROUNDING MEDITATION

Please remember:

- ~ **At any time during the meditation that you feel tension, unease or if you start to fall asleep, take a few deep breaths and allow yourself to relax, feel comfortable and then proceed through the meditation.**
- ~ **The Chakra “color” system and such are what I currently use; you may find other literature with variances, use what works best for you...**
- ~**As with all things, including meditations and teachings, you should take what works or resonates with you, make it comfortable and make it yours... Alterations are acceptable and HIGHLY recommended :)**

In a sitting position with your back supported...

Relax, get comfy, feet should be flat on floor...

Close your eyes

Relax

We will take a few breaths to assist relaxation,

Breathe in through the nose, out through the mouth

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Breathe in through the nose, out through the mouth

With your eyes closed visualize a bright white light, a sphere of white light above your head.

Visualize the top of your head- the Crown Chakra- opening... (Example: flip top, zipper, etc.)

Visualize the white light swirling and becoming a funnel or cone shape, spiraling into the crown chakra.

We ask as the light flows through the vessel that all stagnant or negative energy be removed, transformed, replaced with positive, cleansing energy..... We ask this for the greater good of all, ourselves, source and all entities we encounter.....

Feel the light flow into the crown, down the spine, through the legs into the feet....

Visualize the white light flowing into the earth, mixing with the red energy of Mother Earth, flowing to the core of the earth.

Visualize the energy wrapping and entwining with the core, rooting us to the earth.

Visualize the energy flowing through these roots and returning to the flats of you feet...

Flowing into your feet, red white energy grounding, connecting you to the earth...

Visualize the energy, bright white light, flowing up the legs, into the base of the spine...

Visualize this area, a red globe, or sphere....

Here we will pause and ask that the light balance, cleanse and activate our Root Chakra.

Visualize this red light getting brighter, clearer and stronger...

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Visualize the light moving up, to the naval area....

Visualize this area, an orange globe, or sphere....

Here we will pause and ask that the light balance, cleanse and activate our naval Chakra.

Visualize this orange light getting brighter, clearer and stronger...

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Visualize the light moving up, to the Solar Plexus area....

Visualize this area, a yellow globe, or sphere....

Here we will pause and ask that the light balance, cleanse and activate our third Chakra.

Visualize this yellow light getting brighter, clearer and stronger...

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Visualize the light moving up, to the Heart area....

Visualize this area, a green globe, or sphere....

Here we will pause and ask that the light balance, cleanse and activate our Heart Chakra.

Visualize this green light getting brighter, clearer and stronger...

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Visualize the light moving up, to the Throat area....

Visualize this area, a blue globe, or sphere....

Here we will pause and ask that the light balance, cleanse and activate our Throat Chakra.

Visualize this blue light getting brighter, clearer and stronger...

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Visualize the light moving up, to the brow area, the Third Eye....

Visualize this area, a violet globe, or sphere....

Here we will pause and ask that the light balance, cleanse and activate our Brow Chakra.

Visualize this violet light getting brighter, clearer and stronger...

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Now please take a third breathe through the nose, exhale through the mouth

Visualize the white light flowing freely, and with much brightness, the rainbow of colors

Red, orange, yellow, green, blue, violet.... As our energy centers, the chakras, are all in balance and activated.....

Visualize the crown chakra, the top of our heads... thank all for their assistance

Visualize the reverse of your "opening" of the chakra, Close the chakra to this meditation, allowing for the free flow of creator/sources light as is needed.....

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth

Breathe in through the nose, out through the mouth