

MOTHER EARTH MEDITATION
Earth, Water, Air, Fire

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.**
- ~ **With all meditations 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
Breathe in through the nose, out through the mouth
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...

**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 visualize you are entering a quiet and empty beach.

Feel the individual grains of sand beneath your feet, between your toes... warm and dry.

Proceed at your own pace down the beach, notice the change in the sand, it is now warm and damp, clinging to your feet...

The ocean water, clear blue and warm washes ashore ahead of you, hear the waves gently lapping the shore...proceed

Feel the sand wet beneath your feet, squishing in between your toes, as the warm, clear water laps at your ankles...

As you move forward into the water, recognize the sand beneath your feet, feel the warm of the water move up your feet, ankles, calves, knees and to mid thigh...

Take a moment to appreciate the warmth and security of the sand beneath and water about...

Notice the breeze as it blows into shore, warm and clear, perhaps you can see the leaves of a palm tree slowly moving, feel the coolness as it blows past your face, lifting your hair.

Lift your face higher and now feel the heat of the mid day sun, notice the quiet skies, clear blue.

Now feel the warmth and security of the sand beneath and water about, the cool breeze and the warm sun...

Remain here as long as you need to feel the balance.

**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 white light flowing freely, and with much brightness

Visualize the crown chakra, the top of our heads...

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**