

MEDITATION TECHNIQUES

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Reiki Master/Teacher

Breath of Light

Breath is what feeds our soul and enhances the vibration of our aura. It is important to learn a breathing technique that renews your soul and calms you when you are feeling out of sorts and stressed out.

First breathe in through your nose and pay attention to the breath. You want to draw the breath in to the bottom of your abdomen where your solar plexus chakra is located. Hold the breath for a count of three.

Exhale through your mouth for a count of three.

Inhale through the nose, paying attention to the breath as it fills your lungs and stomach; exhale through the mouth while mentally counting to three.

Try to pay attention to your breath, especially when you are feeling particularly on edge or stressed out. When you're feeling out of sorts, breathe deeply using this technique until you feel relaxed and calm.

As you breathe, pay close attention to your breath. You'll notice that the stress falls away from you with each deep breath!

Grounding

Grounding is very important. We need to have a strong connection with the Earth to make it through each day without losing our minds! Grounding is also a great help because through the action of grounding, you can push out all the bad energy into the Earth and pull up the calming Earth energy to renew you. After practicing a grounding meditation you will notice that you feel more at peace with yourself and are able to not hold on to anger and irritation.

Begin your grounding meditation by sitting down in a comfortable place where you can have peace and quiet for at least 15 minutes. Remove all uncomfortable articles of clothing and make sure that you are seated in an easy position.

Close your eyes and begin breathing deeply through the nose and exhaling through the mouth. Do this breathing until you are completely relaxed. While you're breathing try to not think of anything. It is hard to quiet the mind but try your best to bring your thoughts to the present moment – just sitting in silence and breathing deeply. Focus on your breath and count (one, two, three; one, two, three) if you have problems clearing your mind. When your mind tries to bounce from thought to thought, simply bring it back to the present – counting and breathing.

Once you're relaxed, imagine a cord connected to your root chakra (which is located at the very bottom of your crotch). The cord can be any color you want, whatever appeals to you. Once you can visualize the cord, push it down, down, further down until it reaches the center of the Earth.

Once it reaches the center of the Earth, wrap it around the center to hold it there firmly. (This is all using the powers of imagination and visualization.) Once your grounding cord is fastened firmly to the center of the Earth, begin to send all of your stress, heartache, pain, anger, etc., down the cord. Let go of the pain and send it to the center of the Earth. The Earth will take the pain and use it as fertilizer (it's shit, after all, isn't it!) because you definitely do not need the pain clogging your aura and emotional body.

Once you have sent all of your flawed energy/emotion down the grounding cord, you can begin to focus on drawing up the soothing, grounding energy of the Earth. Visualize the peaceful energy of the Earth coming up your cord, into your root chakra and up through the middle of your entire body.

Once you feel renewed and at peace, bring your cord back up from the Earth and into your root chakra. Feel free to practice grounding often and anywhere, whenever you need it. The more you practice grounding the easier it becomes. Sometimes you can ground in less than five minutes.

If you ever feel yourself overwhelmed with negative energy and emotion, simply send your grounding cord down to Earth's core and get rid of that bad energy and pull up Earth's peaceful soothing energy to renew you.

Healing White Light

Begin this meditation by sitting down in a comfortable place where you can have peace and quiet for at least 15 minutes. Remove all uncomfortable articles of clothing and make sure that you are seated in an easy and comfortable position.

Close your eyes and begin breathing deeply through the nose and exhaling through the mouth. Do this breathing until you are completely relaxed.

Visualize a white light pouring from the heavens down to your crown chakra, which is located on the top of your head. As the light flows down onto your head, it floods over your entire aura and fills you with peace and happiness. Focus on the white light covering you and know that it is there protecting you from negative energy.

Meditate for at least fifteen minutes on this white light and you will feel at peace.

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