Guided Meditation

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Take a deep breath and relax. Breathe in, breathe out. Try to feel the places in your body that hold tension, and send some additional breaths to these parts to help you release. In and out. In and out.

Focus on your heart, the pulsing of life through your body, your tissues, your muscles, your organs. Feel the spark of your heart and follow it down your core to the center of Earth’s Heart. Feel that connection to mother Earth. Her nurturing you. Her supporting you, infusing you with life and vitality. Feel her grounding you. Feel it in the soles of your feet. There are roots forming from your feet entering the Earth. Feel them dig deeper and deeper into the Earth.

Focus on your root chakra. A red light is turning on. The most vivid, succulent, bright red. That light flows through your chakra, going back and forth with ease, investing every corner of your root chakra. It becomes brighter and brighter, more and more saturated with color. And this light and this energy are yours. And its wisdom is yours. Make these words yours.

“I love being in my body. I am courageous. I am at peace with the material world in which I live. I am home. I am safe. I choose to let go of fear. I am strong and grounded. I am firmly connected to the Earth. I exist. I am.”

Sing this vowel five times. Each time feel a connection between your vocal cords and your root chakra.

(C) Lam. Lam. Lam. Lam. Lam.

Bring your focus to your core and travel up to your sacral chakra. An orange light turns on. The most vivid, bright, beautiful orange. It reminds you of sunsets on the beach, of the sweet flesh of mangos, the happy nose on a snowman, the smell of fresh orange juice in the morning. The light is bright and inviting. Feel it fill your sacral chakra. Visualize it igniting a liquid flame inside your belly. An orange flame of life, the cradling forge of your creations. Feel its joyful flames dancing inside of you. And their wisdom is yours.

“I am alive. I am a creator. I am at peace with my creations. I embrace pleasure and abundance. I allow myself to enjoy my sexuality fully. I am life flowing and life flows through me. I radiate the joy of creation. I create.”

Sing this vowel five times. Each time feel a connection between your vocal cords and your sacral chakra.

(D) Vam. Vam. Vam. Vam. Vam.

Focus on your solar plexus. A yellow light turns on. Sunflowers in a field. The chirping of a chick. The sweet taste of honey. The wonderful acidic smell of lemons and the porous feel of their peel. Feel that yellow light dancing back and forth through your solar plexus. Allow it to move through you. Allow that dance. In your mind’s eye, you will see a tall yellow tree. The trunk is strong. The roots go deep. And the leaves are the most magnificent shades of yellow. You are that tree. Strong. Part of nature. Rooted. Rising. Growing. The more you rise, the further your roots go into the Earth. And its wisdom is yours.

“I am Joy. I respect myself and my boundaries at all times. I have unique gifts and talents that I share powerfully with the world. I am at peace with my life. I am at peace with who I am. I am a strong and powerful being. I am confident. I am disciplined. I believe in myself.”

Sing this vowel five times. Each time feel a connection between your vocal cords and your solar plexus.

(E) Ram. Ram. Ram. Ram. Ram.

A green light turns on in your heart. Hues of Emerald, malachite and Jade. The smell of freshly cut grass, the light going through a cloud of leaves as you lie under a tree. The taste of spinach and crunchy beans. The light moves back and forth and dances around your heart chakra, swirling, spreading, flooding your heart. It is a testament to life’s abundant joy.

You now find yourself in a room. The floor, the ceiling, the walls, all are green. Thick brick walls, yet very nice, very comfortable, very cosy. The walls make you feel safe and protected. That is why you built those walls. They are your creation. The safety, the comfort of this space. Breathe in and out. As you do so, you start to notice that the walls are separating you from the world, from the abundance, the flow that you know is outside. You look for a way out. Instantly, a green door appears. A beautiful, ornate wooden door. And in your hand, you notice a golden key. It was in your hand all along. Insert the key into the lock and open the door. A powerful flow of golden, pink and green light comes whooshing into the room, fills it, illuminates it, makes the entire room glow. As the swirls of light caress each brick, each plank of wood, they dissolve and evaporate. They are no longer needed. You thank them for their protection, but you no longer need the walls, the floor, the ceiling, the door. You are safe. And the light shares its wisdom.

“I allow love to fill every cell in my body. I am love and I accept love. I allow myself to let go of the past and forgive myself and others. I love myself fearlessly. I love others fearlessly. I am worthy of love. I invite love and harmony into my life. I deeply love and honor myself.”

Sing this vowel five times. Each time feel a connection between your vocal cords and your heart chakra.

(F) Yam. Yam. Yam. Yam. Yam.

A blue spark lights up in your throat chakra. The salty smell of deep blue seas, clear skies over them. The sound of a waterfall. The iridescence of a peacock’s feathers. See that light glow brighter and brighter, moving back and forth, inviting you to explore its depths. Feel its movements in your throat, your neck, cleansing, nourishing that part of your body. You are now standing in the ocean. Tropical seas surround you and astonish you with their beauty. Feel the blue water cradle you with warmth. The water speaks to you. It is made of words of compassion, of encouragement. You are heard. You may speak. Acknowledge the wisdom of the waves.

“I speak up for myself. I express myself with clarity, openness, kindness and confidence. I speak my truth. I speak with intention. I am connected to my authentic purpose. I express myself fearlessly.”

Sing this vowel five times. Each time feel a connection between your vocal cords and your throat chakra.

(G) Ham. Ham. Ham. Ham. Ham.

Your third eye chakra now glows with the most inviting, deep, pure indigo. Night skies in the summer. Yet vibrant, strong. The glow moves around and explores every corner of your chakra, inviting you to see. You start hearing a crackling. Sparks of indigo and platinum light appear, like electric connections, synapses shooting up, connections being made. More and more of them. It now becomes a flashing in your mind, a pathway to your higher self’s messages and wisdoms.

“I am connected to the divine source and wisdom of the Universe. I am connected to my inner wisdom. I always honor and follow my intuition. It is safe for me to see the truth. I see all things clearly and trust my insights. I invite sacred transformation.”.

Sing this vowel five times. Each time feel a connection between your vocal cords and your third eye.

(A) Sham. Sham. Sham. Sham. Sham.

A purple violet glow lights up in your crown chakra. The soft feel of violet petals. The lightness of a purple butterfly. That purple glow is bright, rich, fully saturated. It is inviting and resplendent. Allow that glow to move back and forth in your crown chakra, to heal, and clear it.

Now, imagine yourself in a dark, peaceful place. Nothing exists but you in that space. Silence. Calm. Peace. As you inhale, see a purple flame ignite on top your head. It crackles joyfully yet consumes nothing. It is fed by your breaths. Each one of your breaths makes it grow taller and stronger, glorious on top of your head. Take a few moments to explore the beauty of that purple fire. And the fire speaks its wisdom. And that wisdom is yours.

“I let go of limitations and limiting beliefs. I am divinely guided and inspired. I am infinite and boundless. I am a sacred and cosmic being of pure manifest light.”

Sing this vowel five times. Each time feel a connection between your vocal cords and your crown chakra.

(B) Om. Om. Om. Om. Om.

Now, feel again your connection to the Earth, through your central column. As you breathe in, pull a thread of platinum and gold light from the Earth, through your central column. In a woosh, feel it feed into each of these seven chakras and feel them twirling. Hold that twirling as long as you can, then feel rainbow energy pass through your veins and tissues and nourish every atom and cell in your body.

(Chant)