

Meditation Experience

Guided imagery

Exercise for light and to centre self

- **Start by taking a few deep breaths**, allowing yourself to settle into relaxation as you exhale, becoming just as relaxed as is comfortable for you at this time.
- **There is an energy centre just below and forward** of the base of your spine. Please focus your awareness in that centre. This is the root centre. You may be able to feel or to sense the energy in that centre in some way, perhaps as tingling or warmth or some other sensation, or perhaps you won't - it doesn't matter, just be aware that it is there and focus your attention in that part of your body.
- **There is another centre of energy at the crown of your head.** Please focus your awareness in that centre. This is the crown centre. You may be able to feel or to sense the energy in that centre in some way, perhaps as tingling or coolness or some other sensation, or perhaps you won't - it doesn't matter, just be aware that it is there and focus your awareness in that part of your body.
- **There is a line of light that flows from the crown to the root**, from the root to the crown. This line of light flows through the centre of your being. Allow your focus of awareness to flow down the line of light from the crown to the root and up from the root to the crown. You may be able to see or to sense the energy flowing along that line of light. If you are, fine; if you're not, just imagine it.
- **There is a centre of balance on the line of light.** As you follow the flow of the energy from the root to the crown, the crown to the root, be aware of that centre of balance. Breathe into that centre of balance.
- **As you breathe into the centre of the line of light**, be aware of the breath energising the centre and of the line of light flowing from the centre of your being down through the root centre. Down through your legs and feet, into the earth, and on down to the centre of the earth. Feel the line of light connecting your centre with the heart of the earth.
- **Be aware of any confusion and tension and static** within you, and allow it to drain down through this line of light into the earth. Be aware of the earth taking this energy, cleansing and purifying, transforming and strengthening it, and returning it to you as warm, powerful, loving, nurturing energy.
- **Allow yourself to become aware of that nurturing, warm energy** of the earth lifting up through you, lifting and cradling every cell of your being. Be aware of the energy rising through your feet and through your entire being. Breathe in again to the centre of the line of light, the centre of your being.
- **Follow the line of light from the centre of your being upward**, up through your crown, to the centre of the universe. Be aware of it rising to the source of the creative life force. Be aware of the energy at the centre of the universe, the vital force of life, the source of wisdom, of creation, of compassion. Allow yourself to feel that powerful, wise, creative, and loving energy radiating down the line of light into your being. Allow it to flow down through your crown, through the centre of your being, down through your root centre, and into the earth.
- **Be aware of the earth's energy rising through you** like a warm fountain. Be aware of the energy flowing down through you, like living light illuminating every particle of your being.
Be aware of the warm energy of the earth in the centre of your being. Be aware of the sparkling energy of the heavens in the centre of your being. Experience these energies combining and radiating through your entire being.

These exercises are simple in principle and potentially very powerful. In order for them to work in stressful situations, we need to practise them in calm moments until proficient at them.