

## **Meditation Relaxing and healing with Earth & Cosmic Energies**

Come into an easy comfortable seated position. Start connecting to your physical bodies by feeling the mat underneath your sitting bones. With your mouth closed, take an easy breath in through your nose and an easy breath out. Breathing in and breathing out.

Now, lower your boundaries, those invisible walls around us, and get a sense of your auric body, the energy field around your physical existence. And as you notice, feel or just imagine that unseen field of energy you, pull it in a bit closer around your body or if you feel more comfortable just extend it a bit further out in all directions around you. Choose the one that works for you. Now, allow yourself to make any adjustments that are needed to sit in a place of comfort and relaxation as you keep breathing with ease and intention.

Pay attention to the body, notice any points of tension, stress, tightness, feelings of stagnations, also noticing any place that feels really light, energetic or free and moving. Then shift your awareness back to your breath without changing it just notice how it feels in your body.

Now, imagine a golden sun above your head. Imagine pulling the golden sun rays down the back of your spine, slowly waking up the spine, and then allow the rays to travel all the way back up at the front of your spine. As you keep on flushing your spine with this golden sun/ cosmic energy stay aware to the rhythm of your breath – as you breath in count to 6 in your mind's eye and as you breath out for 6 just allow the smooth, and full energy flow from the top of your head to the base of your spine to take place with total ease.

As this cosmic energy flow is now circling automatically, we are starting a second flow of energy. On the next inhalation start drawing the juicy earth energy from the bottom of your spine up along the back of the spine and let it trickle back down the front. Allow both energies, the cosmic and the earth energy to blend harmoniously and work in unison, together as a team, cleansing and clearing, awakening the spinal fluids. Notice if you feel the breath in any particular area of the body, like the nostrils, the back of the throat, the chest, the ribs, the belly and allow this energy flush to start cleansing and clearing and waking up your chakras for the playful alignment ahead.

Let's shift the breath into an even deeper & slower rythm and start feeling the breath being your guide through this exercise and the entirety of this session. Acknowledge the aliveness of your breath and the connection that it creates between your mental, your energetic and your physical bodies, just so, in for 6 and out for 6, slowing down the sympathetic and the parasympathetic nervous system and allowing our left and right brain to function as one.

Now, as you keep your eyes closed bring your attention back to your sitting position and just inhale and exhale through the nose normally paying attention to how you feel just now after having allowed the cosmic/earth energy to activate your spine and calm and quieten the mind. Every time we clear the mind and allow ourselves to be still, we can become inspired because we allow spirit or universal life force into our sacred space of being us.

Still with eyes closed bring your palms together and draw them to your heart center to deeply honour yourself, your bodies and the nurturing time you just spent.

When you are ready blink your eyes open gently, lift your heads and put a smile on your face to start your day. Welcome back!