

Try this:

Give yourself 10-15 minutes, and read very slowly, Pausing to experience the effect of the work as you go.

A Self-healing Meditation

Come from Stillness.

Stillness comes from within.

Feel the Vibration of Stillness.

Raise the vibration.

As one.

Balance the Vibration.

Unify.

Allow the dust to settle.

Be the Calm in the center of the storm.

Grow the Center.

Allow yourself to expand.

Penetrate Everything around you.
Absorb Everything.

Encompass everything. Trees, buildings, movement and peace.

Everything stiller, calmer than you, and everything more active than you,
All the while growing the center. Letting the new feed the old.

As you grow, let go. Of the tension that restricts you, and your growth.

Let the energy come from within and expand outward. At the same time pushing the energy out and releasing the bonds that kept it in.

Keep Breathing

Intensifying the energy on the inhale and flooding it outward on the exhale.

Become aware of where your Boundaries WERE and how this new energy feels in this new space in your body.

Experience it= heart and soul.

Then release that too.

The emotions or numbness may surprise you.

Notice and breathe.

Choose one new space, emotion, or feeling and bring this to your conscienceness,

Let this be your new tool to bring to your work.

Keeping this new experience in the present will allow you to continue to expand and grow. When you are ready to release it, begin this meditation (or another one) again. Each time building on the previous work.

Please share what you learned:

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Thank you for playing.

With love,
Rachel