



Healing Meditation

THIS HEALING MEDITATION USES A BODY SCAN TO RELAX AND REPLENISH THE MIND, BODY & SOUL

Begin by lying on a mat, a nice thick rug or a bed.

Close your eyes if this feels comfortable to you and allow your body to relax.

Let your hands lie alongside your body with your feet uncrossed falling away from each other.

Notice your body as a whole lying here.

Now bring your attention to your breath. Notice each inhale and exhale.

Breathe naturally and slowly for a while. Don't alter your breathing in anyway.

When you are ready, take a deep breath in. Imagine there is a cleansing and healing light flowing deep into your body.

As you breathe out, feel all the tension leave your body, slowly relaxing each muscle. You feel soft like you are floating.

Take a few healing breaths in and let all the tension leave your body on the way out.

Now gather your attention and move down toward your feet. Notice what sensations come up for you here.

You may feel a tingling sensation or there may be no sensation at all, and that is fine too.

Allow a sense of relaxation to spread over both your feet. Relaxing the toes, the balls of your feet and your ankles.

Now take a deeper breath and on the out breath move up to the lower legs and knees. Notice what is happening here.

Taking another breath feel the relaxation spread along the lower legs and knees, feel your legs dissolve into complete relaxation.

Now take a deeper breath and on the out breath move your attention to the upper legs, the hips and pelvic area.

Let your attention rest here for a moment.

Notice what sensations are here for you now. They may have changed or they may remain the same.

At a certain point taking a deeper breath allow a healing energy to flow through the upper legs, the hips and pelvic area.



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On another in breath imagine a cleansing and healing light flow through your entire body, reaching all the way into your toes, up your feet, your legs and into your pelvic area.

Noticed how calm and relaxed you feel.

When you feel ready move your attention toward your stomach and lower back. What do you notice here?

Take a deep relaxing breath in and fill this area with tranquility. Breathing a healing light in and out of this area.

Now take a deeper breath and move your attention to your chest and upper back. Notice what sensations you feel here.

As you inhale relax this entire area. On the exhale Feel all tension leave your back and chest.

On another out breath move your attention toward your shoulders, your arms and hands.

With each inhale spread the relaxation. Relaxing your shoulders, your elbows, the palms of your hands and your fingers.

Take another healing breath in and on the out breath move your attention toward your neck and your spine.

Allow your whole body to relax as you inhale slowly and exhale slowly.

Feel the relaxation spread along the spine and up into your neck.

On another deep breath move your attention to your chin, your mouth, cheeks, nose and eyes.

Consciously relax and soften this part of your body. With each inhale feel the tranquility wash over your eyes, eyebrows and ears.

Take another breath and feel the relaxation move over your forehead and enter your head. Move this feeling to the top of your head as well.

You are feeling deeply relaxed, heavy, warm and at peace.

Your entire body is now relaxed and calm.

With each breath you feel a cleansing and healing light flow in and out of your body.

As you continue to breathe naturally and slowly, consciously scan the body for any remaining tension.

If you notice tension, focus on breathing and imagine a healing light move into that area.

With every breath in you soothe the pain and tension and with every out breath you release the tension and carry it away.

Keep breathing slowly and gently.

When you are ready open your eyes and take in the room.