

Coming to Center - meditation

Allow yourself to stand in the center of the medicine wheel or visualize yourself there. Take some deep in breaths and slowly exhale, releasing any stress or distracting thoughts. Now, focus on your feet and breathe in, drawing the energy of the Earth up through the soles of your feet and into your body. Feel yourself grounded and in connection with the energies of the Earth.

Now, focus on your crown chakra and allow yourself to open to the energies of the sky. Visualize the light of the Sun flowing down through the top of your head and filling your body with light. Feel the light flowing through you and filling your heart and then expanding out to surround your body and energy field. Continue to breathe in and out slowly and deeply, taking in the healing energy of the light. Allow the powerful energy to clear away any blocks in your energy field and to open up your heart more fully to the love and wisdom of the Cosmos.

As you continue to breathe in the light, allow yourself to feel how it surrounds you and holds all of the aspects of who you are in love and acceptance. Allow yourself to melt into the sea of compassion and Cosmic Consciousness. Allow yourself to feel the peace that comes from opening to the energy of the center and of Source. Continue to release any thoughts or stress that would block you from dropping deeper into the stillness and inner calm.

As you breathe in the light, tune into your heart and allow yourself to open to gratitude for your life and for all of the energies, guides and people that are supporting you in your healing journey. Breathe in that gratitude and feel the unconditional love of the Earth and sky and Cosmos filling you more fully with each in breath.

Now, take a moment to breathe out love and compassion to any one that you want to send it to or you can even send the light of healing compassion to surround the Earth. Continue to breathe in the love for yourself and then breathe out that love to whoever or wherever you want to send it until you feel complete.

Then, take a moment to be in that sense of centeredness and inner stillness to ask for any guidance or messages that you need in this time. Allow yourself to tune in and seek any guidance about how you can live more fully in alignment with your true self and your life purpose. Wait in silence to see what insights or messages come to you. If you do not sense any clear messages, continue to breathe in the love and wisdom of the light of the Cosmos that is filling you and surrounding you and know that all is as it is meant to be and all will be revealed at the right moment.

Give thanks to the energies of the center of the medicine wheel. Give thanks to the Earth and sky and to the Oneness of all that is. Take a moment to hold yourself in gratitude and love, and then gently open your eyes and walk back out of the medicine wheel.

