

The Manifesting Meditations in your Manifesting Manual

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The Dream Gate Meditation

Relax your mindbody by taking a few deep breaths.
Allow your body to let go of any tension it has and your mind
to release all concerns. Next, start by sending your Gremlin away.
Toss him in an incinerator or send him to his room.

Now focus on the energy of your heart. Imagine you are stepping
inside the center of your heart. What does your heart feel like? As you look
around you notice there is a lever that has the words
“Dream Gate” on it. Is it set on low, medium, high or super high?

Slowly open the valve so that you are letting in more and more dream energy!
Allow it to flow into your heart. What does that feel like?
Watch it rise from medium to maximum! As you feel the dream energy increase
imagine it becomes so powerful it starts radiating
out of every cell in your body.

Now that your Dream Gate is open, imagine your dreams are inside
tiny little bubbles that are floating up from your heart into your brain.
More and more dream bubbles are coming up with each breath.

Notice that one bubble seems to be growing bigger and brighter!
It is your ultimate dream and fantasy! As this dream enters
your brain, it expands to fit your whole body, and you step right into it!

Notice what its like to be inside your dream?
What do you notice about your surroundings?
What are you experiencing? What are you doing?
Who is part of your dream? How do you feel?
How does your body feel?

Notice that you and your dream are becoming one.
The dream is a part of you now. You feel how it is to be living this dream.
When you are ready, slowly come back to the room.

The Enforcer Meditation

Take three deep breaths into your belly
and ask the Universe to support you in getting in touch
with your Inner Enforcer.

Imagine that in front of you there is a door leading to
a magical place where you will meet your Enforcer.

What does your door look like?

You slowly find the doorknob, open the door and walk into the enforcer's home.
What do you notice is in this room? What do you see on the walls?

Now call out to your enforcer.

Notice that there is a figure walking towards you now.

It's your inner enforcer! What does he/she look like?

Look at their feet, what are they wearing?

Notice their legs, and what they are wearing on the rest of their body.

Observe the expressions on his/her face.

Do they have anything in their hands?

If they did have something, what would it be?

Your Enforcer has a gift for you.

Notice what it is for and how it will help you.

It is a gift that will help you get in touch with your will power.

Thank your enforcer for the gift, and keep it close to your heart.

Now ask your enforcer to support you in achieving
and realizing the goals on your manifesting agenda.

Just say to your enforcer, "Please guide me to take action
when I am wavering or stuck." Listen to his or her response.

Did you hear a resounding yes?

Listen to how your enforcer speaks to you.

How does he/she motivate you?

What sorts of things does he/she tell you to do?

Notice the empowering messages he/she is saying to you
and the energy he/she gives you.

Perhaps you hear them saying, "You can do it!

Go for it! I believe in you! Just go do it! It is time to have some
real fun in your life, so get off your butt and make it happen now!"

Use your inner enforcer to push you out of bed when you need it, and to help you
complete projects in your life that are left unfinished.

Communicate with your enforcer as frequently as you like.

You can call upon him/her anytime you need
to get motivated yet feel something holding you back.

Notice how it feels to have this powerful support in your life.

Give gratitude to yourself for being open to new guidance and help to
get your life moving in a positive pro-active direction.

The Blue Room Meditation

Sitting comfortably with your back resting against a wall or chair, imagine a large clear tube has just dropped down from the sky above and formed around your body. It extends very HIGH into the sky above you.

Inside this tube is a golden string of light that comes down and penetrates the top of your head, and starts pulling you up and out of your physical body. You quickly ascend straight up into the tube, sailing up above the clouds and earth, and are now thousands of miles away in outer space. You are so far away, you can no longer see the earth, moon and sun.

As you are floating in empty space, a cobalt blue door appears in front of you. You reach for the handle and walk through it into a beautiful shimmering blue room which has a powerful blue light-energy radiating from the ceiling and walls. The floor consists of actual solid gold that is 3 feet thick! It is warm and you feel incredibly rich just stepping onto it!

There is an ascended master, angel, or personal guide standing in each corner of the room. They are sending their loving peaceful powerful energy into you and everyone present in the room.

You look over and now see the person(s) you want to make the new contract, agreement or relationship with. They stand up to greet you and you shake hands (or hug) and see they are shining with joy to see.

On the table is the new agreement that your guides have already provided for you! You all sit down at the warm table and comfortable chairs to read through the contract.

You have a short conversation with them about the new agreement. You both read and sign the written contract, which states EXACTLY what YOU want to occur back on Earth. After you are finished and satisfied, through your heart, eyes and smile, you send them your deepest gratitude and appreciation for signing the agreement with you. Then you lovingly say good-bye in a way that feels complete for you, as you walk out the door, and float on down the clear tube back to your body.

Once you are back in your body, take a deep breath and integrate what you have just experienced. Allow for the solidity and realness of the new agreement to be felt INSIDE your body now.

Breathe this new agreement into every cell and atom in your body and enjoy it. The more you can trust your experience, the more likely miraculous and magical things are destined to occur.

The Magic Mantra

The mantra you are about to receive is absolutely incredible. I call it “Magical” because it has an instantaneous uplifting effect on your manifesting vibration. It is highly effective at calming and centering your mind in the most stressful and challenging of situations. Many have even found this mantra to be a life-saving tool when dealing with potentially dangerous situations where they needed to remain calm and focused. Unlike other mantras that may take time to see results, this one works instantly.

It is best described as a “Body Mantra” because it brings your consciousness into the body, rather than into the mind. This mantra used correctly will activate and open the 3 main energy centers or Chakras (wheels of energy) in your body within a matter of minutes and prepare you to receive the highest manifesting energy in the Universe. Practice it whenever you feel like it. The mantra is:

QUIET MIND

OPEN HEART

RELAXED BEING

How to use this body mantra is very simple. Before you begin, start by placing your awareness on the energy in your head, heart and belly. Notice the energy each area contains. Next, hold your awareness on the energy of your head and say out loud (or to yourself) the words Quiet Mind. Imagine the infinite sky above your head and all the silence it contains. As you say the words “Quiet Mind”, take in and release a breath of air. Next, place your attention on your heart center and say Open Heart, and imagine a lotus flower opening its petals to the warm rays of the Sun. Take in another breath of fresh air and release it. Finally say the words, Relaxed Being, and bring your awareness down into your belly. Here you imagine a deep ocean or lake that is calm peaceful and full of healing life energy, as you inhale and release your third breath of air.

The images you visualize will give you a feeling and sensation of letting go, while the three verbal messages will be deeply absorbed through your bodymind. After you have gone through the head, heart and belly cycle once, repeat it again! Do this cycle at least 3-5 minutes. I recommend you start with the head and work down to the belly in the specific order mentioned above.

It is important to inhale and exhale slowly, as well as verbalize the words in a relaxing way. Take your time on the head, heart and belly cycle by pausing for a few moments to let the mantra sink in before going on to the next energy center. Do whatever feels most natural, easy and light to you. Repeating your magic mantra slowly and deeply will provide more effective results than saying it quickly. The more often you practice and play with it, the easier it will be to discover how it works best for you.

The Breath of Life

The breath is your life force. It is one of the most powerful, yet overlooked avenues for increasing our manifesting vibration. Any breathing meditation will flood your body with oxygen and life energy; tapping you into an abundance of energy waiting at the core of your being. It is normally automatic and effortless to breathe, yet a conscious connection with your breath will allow you to channel more energy and be more focused. Following the breath with your awareness creates a non-inhibited state of energy throughout your body. This is like discovering an eternal inner fountain of abundant energy and bliss inside!

Start right now by letting your attention gently follow your breath as you are reading. See how close you can watch your breath. Let your breathing happen naturally and in an easy relaxed way. You will find that you naturally breathe in the lower area of your body, filling your belly like a balloon. Don't try to manipulate or control your breath! Follow the natural rise and fall of it inside you. Just doing this can send loads of energy up your spine. Notice how your body expands and releases the breath on its own accord as you observe how it naturally occurs for you. It is always automatically letting air in and out of your body. It is as if the body is breathing for you! Watch your breath without trying to change it in any way.

Do not resist any thoughts that arise, but rather GENTLY return your awareness to your breath. You may need to bring the mind back 10-20 times (or more) before it will give in and relax into the silence within. When you start to notice that the mind is wandering off to create images and feelings, look down around the belly. Pull your attention downward to get yourself out of your head!

I recommend using a 1:4:2: breath ratio for flooding your body full of manifesting fuel. For instance, you would breathe in for five counts, hold your breath for 20 counts, and exhale for 10 counts. Importantly, you can choose any numbers that fit with the above ratio (4:16:8). This focused breath meditation will strengthen your mind, increase your energy, and awaken your manifesting vibration.

“Some days there won't be a song in your heart.
Sing anyway.” ~ Emory Austin

The Humming Vibration Meditation

We are able to tap into our manifesting vibration in a variety of ways. One method to open up these energetic channels is through the power of sound. Inside everyone and everything there exists a deep low humming tone that sounds like the vibration of distant electrical wires or a large bee hive buzzing. This gentle yet powerful sound is the Universal Hum of vibrating energy within all of the trillions of atoms and molecules that are everywhere. It is a VERY subtle sound, and therefore to actually hear it you must become extremely quiet inside for a solid period of time.

To get in touch with this Universal sound start with the physical act of making a long deep humming noise. This generates an affect which connects your body and its frequency to this Universal Hum. Humming for several minutes will activate enough “white noise” to quiet the Ego mind chatter immensely so that you easily find the pure silence inside you. This experience will energetically connect you with a deeper level of your Universal manifesting vibration.

Keep humming for the first 5-10 minutes of this meditation. Take very deep breaths of air on the inhale, and on your exhale HUM gently with your lips closed so that the sound vibrates throughout your head and down into the throat, chest and even your belly. Do not make this an effortful or strenuous project in any way. Just listen to the sound and let the air pass through your vocal chords as a vibration in a very relaxing lengthy way.

Your body is sitting up straight, spine vertical and everything is relaxed. If your body starts to sway or move, allow for it. Let yourself get into the groove of it and tap into what feels good! Keep your focus on the sound as well as relaxing into the sound deeper.

Start with humming for 5-10 minutes minimum, then you can lengthen the time as much as you like. Each time you are finished humming sit in total stillness and silence for at least 15-20 minutes. This is where you can feel/hear the subtle Universal HUM. Notice how your body is vibrating and simply remain observant and unfocused on anything in particular. Just be present to the sensations and experiences of the body without getting caught in them. This will stretch your ability to remain unfocused, which is a very important component in training the mind to be focused. A completely unfocused mind creates a deeper receptivity in the body, which opens unused channels of energy for your manifesting vibration to flow through.

If after you are done humming and the mind is still endlessly wandering, it is helpful to meditate on the meaning behind these specific words a few times, “Unfocusedness Experiencing Presence.” Repeating this combination of words may seem bizarre to you, yet you will soon discover it is a direct path to having a profound meditative experience. Watch out for the mind’s tricky focusing agenda. Be aware of it, yet don’t focus on it. It will annoyingly try to focus on anything and everything, even on how NOT to focus! Each time it strays away (which it will do often), gently and lovingly bring your attention back to this effortless experience of your divine presence.

The Humming Vibration Meditation will clear away the dust and cobwebs on your mirror. Remaining unfocused and present to your experience will help in emptying your mind of trivial distractions and attachments. The meditation will stimulate all the energy centers in your body, raising the general frequency that you vibrate at, and thus attract everything you have on your manifesting agenda with effortless ease.

The Golden Shower Meditation

Sitting comfortably, start by bringing your awareness INSIDE to the stillness at the core of your being. Allow the mind to quiet and the body to soften. Relax EVERY muscle and cell in your body to the point of becoming very silent and still. From this stillness, imagine that at the base of your spine there is a golden light and energy that feels like a warm flowing river of love.

It slowly moves up the base of your spine, and flows out the top of your head. You become a healing fountain of golden goodness! It showers your skin, and seeps into your muscles and all the organs inside, bringing a divine healing energy to every cell in your body.

Your breath is the "pump" for your golden shower. Use each inhale to SLOWLY pull the energy up the spine and on the exhale let it fountain out your head and cascade down over your body. Slow long easy deep breaths are the biggest key to effective showering.

If the energy becomes too powerful for you during the meditation, simply imagine the brightness and intensity of the light is dimming in your mind. It is a VERY powerful technique that will clean you completely of any low vibrations hiding inside you, and raise your entire vibration to attract what you want. This meditation acts like an inner healing and outer purifying river for your mindbody vehicle. This eternal flow of energy is a healing fountain of golden goodness!

When you practice this technique many times, you will come to a point where you will feel the golden healing energy automatically starts radiating outwards in every direction, from every cell in your body. The energy which usually flows up your spine is now pouring out of your skin, and from every cell in your body. It is as if you have become the sun, FULL of light, shining 360 degrees in every direction.

Bathe in your golden shower anytime you need energy, self-love, money or healing. I recommend doing a minimum of 20 minutes a day, yet it is also good to do 30 second mini-showers randomly during your day when needed.

By experiencing this meditation, you will have a positive impact on your day no matter what you do. It can even influence whether you get hired at a job, rid of a flu you have had for weeks, or perhaps attract the person of your dreams to you.

The golden light is a rich, powerful and abundant energy that helps us to reconnect with our own natural abundance and reminds us that we are all amazing manifesting beings living in this infinite Universe.

Manifesting Abundance Mantra

Thank you Universe for being so generous with me!
I am ready to accept all the abundance and riches I now deserve!

I see large amounts of money falling from the sky above.
Money is coming from my left, right, in front and behind me right now.
Beneath my feet the ground is thick with gold and exotic jewels.
I am surrounded on every side with riches! I feel so rich and abundant!

I am finally RICH!
Every atom of my body, mind, and spirit is filled with total abundance.
Infinite riches are flowing freely into my life everyday in the easiest ways!
I give myself permission to allow in more money than I deserve!
I bless everyone in the Universe to feel this great abundance today.
Thank you Universe, and so it is!

"Success usually comes to those who are too busy
to be looking for it." ~Henry David Thoreau

Meeting your Enlightened Inner Financial Guru

While you are sitting in a comfortable position
take a trip to your personal the Blue Room.
When you walk in the door, immediately notice
the feeling the 3 foot thick solid gold floor feels
beneath your feet. Touching it with your hands
you notice it is warm, as this incredible abundance sensation
fills your entire bodymind.

As you slowly look up, you see your financial guru
approaching you. Notice how he or she is dressed.
Their outfit must be worth at least \$8000!
This person has more than enough money to spend on
anything he/she desires, and is O.K.
with allowing you to see all the wealth they have.

Ask your financial guru to sit with you and if they will answer
your questions. Notice the big smile and,
"Yes, of course" they say to you.
As you are sitting together, let yourself really
FEEL the questions as you are asking them.
Listen closely to what they say.
(It's O.K. to take notes while doing this exercise)

Take a few moments to let their
financial guidance and deep wisdom
enter every cell of your bodymind.
Breathe their powerful intelligent energy

into every cell in your bodymind.

After you are finished asking questions, give them a big hug and notice how they are energetically sending a golden financial healing light into your body. Let yourself fill up with this golden energy in that area of your body where you feel your lack of abundance. Bathe and relax in this abundance energy for as long as you wish.

Now channel this energy into the area of your life where you need the most abundance and healing.

Your financial guru will turn up the abundance volume as high as you are willing to go! Just ask for more if you want it!

As you walk out of your blue room, take your golden financial healing with you, and overflow into every area of your life.

Notice that your inner financial guru is always there, ready to assist you in the future ANYTIME you are in need.

The Million Dollar Meditation

Start with relaxing every muscle in your entire body. Imagine a warm healing energy and light caressing and entering every single cell inside you. When you are deeply relaxed, repeat the sound "Ahhhhhhhh" out loud or in your mind. This is the same sound you would make if you had a big epiphany or were watching the most exquisite sunset. Let the sound come out effortlessly, releasing and relaxing your being deep inside.

Let the sound flow gently and naturally out of your lungs and vocal chords. Don't force it out, let it relax you deeper. Then imagine a golden liquid light running from the base of your spine, up through your heart, and showering out the top of your head.

As it fountains out the crown of your head, the liquid light cascades down over your entire body. You become a fountain of energy, bathing in golden vibrant goodness.

With each in-breath the energy flows up your spine to the top of your head. With each out-breath it flows out your crown, cascades down around your body, and seeps

your skin, muscles, bones and cells with warm golden healing energy.

After 7 minutes of bathing in your golden shower, take the remaining time to imagine that hundreds of millions of dollars (in \$100 bills) are floating down from the clouds above, dumping all over your neighborhood, entering your house, and filling up your room!

Visualize yourself swimming through the money, touching the millions of dollars all around you! Look outside your window and see how EXCITED and EXTATIC everyone is! It is raining millions of dollars in everybody's home! There is more than enough for everyone.

Let yourself experience this abundance and the feeling that you have more money than you could ever spend or ask for. Experience the feelings of JOY, SECURITY, and EXCITEMENT this money brings to you.

Allow these feeling of being infinitely rich to sink to the core of your heart, mind and soul! Know that you are a God-Being, and you deserve it!

Meditation for Manifesting a Specific Dollar Amount

Start by relaxing every muscle in your entire body. Visualize a warm healing energy and light caressing every single muscle, organ and cell inside you. Imagine that a ball of golden light has formed above your head and is moving down into your brain.

This golden energy is collected in a space that is about 2 inches inwards from the center of your forehead. After 2 to 3 minutes of collecting energy here, a stream of golden light is projected 10 feet in front of you, creating a movie screen that has sparkling edges around it.

On the screen is a short movie clip of you receiving the EXACT amount of money you wanted! You see yourself physically holding the money in your hands in the form of a check, cash or bank deposit slip. Then you watch yourself carrying out the actions and experiences that you have always imagined doing with it!

Now at the MOST exciting part of the movie, hit the pause button! Perhaps it is that moment when you bought your dream house, sun-bathing on your private beach in Hawaii,

or driving down an exotic coastline in your new Mercedes.

Notice the pleasure and excitement on your face in this scene,
and tap into this joy to the point that you are jumping up
and down on the inside as you watch it!

Replay this scene and your feelings associated
with it over and over in your mindbody.
Notice how your feelings grow stronger and deepen
each time you watch the scene.

Every time you do this meditation, open up
your Dream Gate even wider and give yourself
permission to fully realize your most
unimaginable dreams coming true.

Clearing the Path for Your Life Purpose and Career

Sit in a comfortable spot with a piece of paper and pen beside you.
Start with becoming still like a stone statue for 5-7 minutes.

(refer to Chapter One for a refresher)

When your mind has found a place of stillness,
Bring your attention deeper inside
towards your heart center and belly.

Ask these areas what inspires and excites
you to get up every morning.

If you do not receive anything, keep sitting
and asking the question with more emotion
and real desire to know.

When you start to receive words or ideas,
immediately write them down.

You may write down random words, phrases,
actions, people, memories, job descriptions or anything
that feels inspirational or exciting to you.

Manifesting the Career of your Dreams Exercise

Pull out your exhaustive list of ideas
from the exercise above, and turn the page over.

Write at the top of the page,
"100 things I enjoy doing that can make money!"
and start making up your list!

Write down EVERYTHING you can think of.
Put down anything from the most unrealistic,
to the very easily attainable.

Your job is to only write
those things that you ENJOY doing!
It does not matter if you believe that you
can or cannot make money
doing any of these items!
Let's just see if you can reach
100 items on your list!

Include every fantasy career you have
as well as the down-to-Earth practical
jobs that you might be interested in doing.

When you feel you have worked
on this list long enough, put it away in a safe place.
Wait 24 hours then read through it again
and see if there is something else you missed!

If any new ideas come to you
during this 24 hour time period,
write them down on a separate sheet of paper
and add them to your list later.
Repeat the cycle the following 24 hours.

Take no longer than one week to complete your list.
You will know you are finished with it
either when you have 100 exciting items
or have reached the 7th day of doing this exercise.

Now for the fun part!
Choose the TOP 10 most enjoyable items on your list!
Imagine and visualize yourself doing each one these 10 items
for at least 1-2 minutes each, then circle the top 3
that you feel most energetically aligned with and excited about!

Now make another list of what you can do
to get one of these careers going!
Take action immediately on ONE or ALL 3 of these dreams.

Make as many phone calls as you can,
asking everyone you know who THEY
know that can point you towards
creating a career of your dreams!

With patience and persistence,
one of these eggs will soon hatch.
The career that manifests for you is
THE ONE that you are "supposed" to have for now...
Have FUN and enjoy it while it lasts!!!

Manifesting “The One” Meditation

1. Make a list of the top 25 qualities you would like your ideal person to possess. Think about how you want them to treat you, talk to you, and look at you. Also write down how you want to feel when you are around them.
2. Sit in a comfortable position, close your eyes, take a few deep breaths, relax your bodymind and take a trip to the Blue Room! (see chapter 8)
3. When you arrive in the Blue Room, imagine there are strongly charged energy particles in the air around you. They are bright, shiny, and gold. Breathe in these particles and feel them going into your heart center. Imagine these particles are creating a gold energy field in your heart area. Notice how vibrant and alive your heart energy is. Now envision this energy taking on magnetic qualities. This is your special magnetizing energy!
4. Your heart center is now a powerful love magnet, and attracts your ideal person towards you automatically. Visualize that your ideal person is now walking over to meet you. What they are wearing? Notice what they look like in detail, the expression on their face, and how they carry themselves. Notice that they are incredibly interested in you and that they are looking at you with eyes of adoration and love. How do you feel when you look at them?
5. Imagine that both your hearts are connected by a channel of golden light. This is a sacred loving bond, filled with trust and deep intimacy. At this moment, ask them to be a part of your life. See them smiling, nodding and saying, “YES!” Notice what it feels like to welcome them into your life.
6. Thank the universe for providing this person, give them a big hug, and agree to meet them back on earth in physical form very soon. Let go of any attachment you might have about how or when they should appear. On Earth, go out and meet as many people as you can, and know that you will recognize them by the heart connection you instantly have.

The Laughing Exercise

For 15 minutes, sitting on the floor alone or with a group of people, start laughing out loud. If you cannot think of anything to laugh about, jumpstart the process of laughing by saying, “Ha ha ha ha!”

Fake the sound of laughing for a few minutes. Eventually you will naturally start to laugh. Let the laughter come from deep in your belly. Allow your entire body to let go! Notice how good it feels to laugh.

The Laziness Exercise

Sit or lounge in the most lazy
lethargic position you can muster.
Let this posture take over your body,
so that your body is communicating and
radiating absolute laziness to the world.

Be lazy! Let every cell in your body be
filled with lazy non-efforting energy.
Notice how this feels.
If you start to get caught in a negative thought,
judgment or feeling, do nothing!
Meet it with complete laziness and return
your attention to the lazy posture and attitude.

Consciously relax into this space for 5-10 minutes
or until you feel an incredible URGE
to take some inspired action in your life.
If this happens, check inside and see
if you can muster any more laziness.
You are finished with this exercise when you
absolutely cannot find any more laziness inside.

The Inspiration Coach Meditation

Sit on the edge of your chair as if
you were about to meet the most exciting,
empowering, and motivating person on the planet!
This is one of the most influential people in the world
that you respect and adore. As you close your eyes,
get ready to meet them!

Imagine they just walked into the room.
What do you notice about them? What are they wearing?
What is the expression like on their face?
As they move towards you, physically stand up, get out
of your chair, and receive the big powerful hug they give you
(actually wrap your arms around yourself as if they were hugging you).
Feel their body's vibrant alive energy radiating into you.

While in this deep embrace, imagine that a golden light
full of inspirational energy is emanating from their heart.
The energy is so powerful that it enters and fills your entire heart region.

This inspirational golden energy absorbs into your heart, and
spreads throughout your torso, back, legs, arms, and head.
Feelings of motivation and inspiration are overflowing
throughout your entire body.

When you have fully experienced these feelings, release the embrace, and sit back down in your chair. Ask them any important questions you have about your life. You may hear them speak out loud or even psychically communicate with you in feelings, words, memories, or metaphors.

When your interaction feels complete, thank them for transmitting their inspiration vibration to you and taking the time to meet with you.

Notice that your Inspiration Coach was honored to support you in raising your vibration. They tell you that they are happy to come visit you ANY time that you call upon them in the future.

Surrendering to Your Core Exercise

Lying on your back with your arms and legs stretched out, repeat the sound “Ahhhh” as if you were letting out a sigh of relief. Sigh out loud for at least 5-10 minutes in this surrendered position.

While sighing, imagine that growing out of your navel is a flower that is opening up towards a warm Sun in the sky. Notice how it feels in your belly as each flower petal opens and surrenders to the warmth and life nourishment from the Sun above.

Let all the tensions in your body unfold like these petals, and open up to receiving the warm rays of the Sun. Let go, relax, and surrender to this nourishing healing energy.

As every cell in your body softens, and releases, imagine this warm soothing light is now emanating from the base of your spine to the top of your head. Take several slow deep breaths into your spine and relax deeper than ever before into this radiant core of your being.

The Healing Meditation

Sit or lie down on the floor and breathe slowly and deeply into your belly for 3-5 minutes. Consciously relax your body from head to toe. Do this by holding your attention on each major body part (head, torso, legs and arms) as you breathe INTO these places command them to, “Relax and Let Go”.

Bring your attention to the diseased
or painful area in your body.
If you have an emotional issue, notice where
it is located in your body.

Imagine there is a door located beside your pain.
Open the door, and walk through to explore your pain.
How large is your pain?
Is it as big as an apple, or as small as an ant?
Notice the shape, color, and texture of your pain.
Is it dark, light, smooth, rough, prickly,
round or long and thin like a stick?

Now, ask your pain directly,
“What are you here to teach me?”
Listen closely for the answer
which will be coming from your pain.

If your mind is quiet enough you will receive
a short word or phrase that may start with,
“Trust, Relax, Let Go, Love, Enjoy” or something
very simple and profound. It will tell you whatever
you are most needing to learn.

After you have received this message,
dive deeper into your pain.
What feelings, memories, experiences and
images do you encounter?
Just observe and be curious about everything you find.

Remember, do not try to change or fix what you discover,
just BE WITH your pain and notice what happens when
you give it space and allow it to be what it is.

The Gentleness Exercise

Think about those moments during your day
when you criticize yourself or others for not being “good enough”.
As you feel this criticism energy arise in your body,
breathe and relax into the feeling with a soothing gentle kindness.

Imagine that you are holding a soft cuddly bunny rabbit,
and are gently stroking its ears and back.
Notice how it feels for the bunny to be
stroked, caressed, and cuddled.
Observe how your body lets go, and relaxes completely.

Tell the bunny how wonderful it is
in a quiet soothing voice.
Say gentle words to your bunny that make your heart melt
such as “Everything is Ok, you can relax now, or
you are perfect just the way you are.”

Allow this soothing soft energy to absorb into
the part of the body where you are holding onto
your pain, dis-ease or emotional wound.
Notice what happens. Does your body let go?

As you relax into this gentle self-loving sensation,
the energy will naturally spread throughout your body.
Set the intention to bring this energy with you
Throughout your day and week. Imagine it radiating
Into everyone you meet.

The Pink Healing Light of Love

Imagine that a sphere of warm fuzzy pink energy
that has a very loving and healing feel to it.
Visualize it slowly descending
into the area of your body where you are holding
onto the disease, depression, or pain.

With each breath, waves of pink light and energy
become brighter and penetrate deeper into
this wounded area until it is completely
bathed in this divine pink healing vibration.

As you continue to breathe slower and deeper,
Imagine you are in the middle of a large ocean of this
fuzzy pink healing energy.
It is radiating everywhere! Inside of your body,
You breathing in this pink light and breathing it out.
Each cell of your body is being washed
clean of any dis-ease, or pain.
Do this for at least 10-15 minutes.

When you feel completely refreshed and revitalized,
Let your mind wander towards something
you always wanted to do with your life!
What would you do if you were 100% healed today?
Visualize yourself doing this and having the
MOST FUN and FULFILLING experiences
Full of laughter and joy!

Continue to visualize yourself doing

these experiences each morning and evening
throughout your entire week, and see how
your pain and dis-ease soon disappear!

“When one door of happiness closes, another opens;
but often we look so long at the closed door that we do not see
the one which has been opened for us.” ~Helen Keller

EXPERIENCING INNER PEACE

CREATES WORLD PEACE!!

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