

Meditation

Book 2



Meditation Plus

Meditation - Book 2

Book 2 will take you deeper in your meditation practice. You may wish to read through them first and then follow through on your own.

Or

If you have a voice recording app on your phone, you can record yourself as you read these meditations out loud and then listen to them when you are ready.

There are no hard and fast rules when it comes to meditation. Just make sure you won't be disturbed before you start and then - RELAX & ENJOY!

For meditation tips, positive quotations and more, go to my Facebook page - Meditation Plus @meditationplus1111



Let Go

Take a deep breath in through your nose, hold for a moment and then release through your mouth very slowly. Repeat this process 3 times.

Imagine you have roots growing from the bottom of your feet, spreading deep into the ground.

Picture yourself lying in a field, on soft green grass with wildflowers surrounding you.

Feel the ground beneath you.

Feel the sun warming your body.

Feel the slight breeze against your skin.

Relax into this feeling, allow yourself to sink deeper into relaxation with each breath.

Imagine a path ahead of you. Walk along the path.

The path leads to the edge of a pine forest.

Enter the pine forest and continue to walk along the path.

Smell the pine in the air. Feel the coolness in the forest.

Hear the sounds of birds, any animals, insects.

As you continue walking, you see a waterfall.

Walk to the waterfall.

The stream ahead of you looks refreshing.

You dip your feet in the cool water.

Walk along the waters edge to the side of the waterfall.

Enter the water. Your feet feel the smooth stones beneath you as you walk towards the gushing water coming from the rock face above.

You stand beneath the waterfall.

The water feels so refreshing.

You imagine all your stresses wash away down the stream.

One by one, you imagine things, situations, emotions, people and anything that no longer serves you washing away down the stream.

When you have discarded everything that you no longer want,

Step away from under the waterfall and onto the dry land.

You feel so much lighter.

Walk along the path, through the forest.

Follow the path to the meadow where you started this journey.

Bring your awareness to your feet by wriggling them.

Wiggle your fingers.

When you are ready, open your eyes.

You can achieve anything!

Picture a white light streaming down upon your head from high, high above.

Feel this white light filter through your entire body.

It flows from your crown chakra, to your third eye chakra, to your throat chakra, to your heart chakra, to your solar plexus chakra, to your sacral chakra, to your root chakra and down through your legs, through the soles of your feet until it reaches the core of the earth.

Take a deep breath in through your nose, hold for a moment and on the exhale, bring the energy from the earth up, like a ball of light.

This ball of light enters the soles of your feet and travels through your entire body.

It exits through your crown chakra and goes high, high up.

Picture yourself on a peaceful beach. Only you are on this beach.

Feel the sand beneath your feet.

Feel the sun beaming down upon your face, shoulders, arms and back.

Feel the coolness of the water as you walk along the waters edge.

The water laps up over your feet and ankles.

You feel very relaxed.

Walk along the waters edge until you see a shimmering doorway ahead.

Step through the shimmering doorway.

You find yourself in a long passageway.

There are doors on either side.

Continue walking down the passageway until you come to the end.

Your guide is there waiting for you.

He/She welcomes you and opens the door for you.

You enter and discover a room full of people.

You walk with your guide, recognising everyone in the room.

You see familiar faces along with some unfamiliar faces.

They are all cheering and clapping you.

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You walk up 3 steps to a small stage.
Your guide instructs you that you can be anything you desire.
The people are waiting for you, smiles beam from their faces.

You think of your most cherished dream.
Instantly, your dream becomes your reality.
You feel this energy, this excitement that your dream gives you.
The crowd are now really cheering you on.
Your heart feels as though it has expanded.

Your guide motions to you.
It is time to step off the stage.
A final clap and cheer from the crowd and you smile to everyone.

Your guide tells you that you now know what it feels like to achieve your dream. You now have that in your heart for ever more. Go now and have Faith that you can achieve anything your heart desires.

He/She leads you out of the room and closes the door.
You say thank you and walk down the long passageway.
Stepping through the shimmering doorway, you step onto the sand.

Faith in yourself has been restored.
You now know the feeling of achieving your dream.
You walk happily along the waters edge back to where you started.
The feeling of pure joy in your heart and a will to move forward towards your dream.

Bring your awareness to your surroundings by wriggling your feet and fingers. When you are ready, open your eyes.

Open and Clear your Chakras

Take a deep breath in through your nose, hold for a moment and then release through your mouth very slowly. Repeat this process 3 times.

Picture a white light streaming down upon your head from high, high above.

Feel this white light filter through your entire body.

See this white light filter through the soles of your feet until it reaches the core of the earth.

Now with your next breath, bring the energy of the earth back up through the pillar of light, through the soles of your feet, up your legs, hips, stomach and then your heart.

The light now fills your entire heart, expanding further and further. The light expands throughout your entire physical body. See the light expand through your aura.

See the light now fill the entire room you are in, the building you are in, the suburb you are in, the city you are in, the state you are in, the country you are in, the continent you are in and the entire planet.

See the light now expand further to the stars, planets and galaxies. Even further now, your light expands up to the Angelic realms and even further.

Bring your awareness to your root chakra.
See and feel your root chakra completely cleansed and balanced.
See and feel your sacral chakra completely cleansed and balanced.
See and feel your solar plexus chakra completely cleansed and balanced.
See and feel your heart chakra completely cleansed and balanced.
See and feel your throat chakra completely cleansed and balanced.
See and feel your third eye chakra completely cleansed and balanced.
See and feel your crown chakra completely cleansed and balanced.

Take a moment to breathe in slowly, pausing for a moment and exhaling very slowly.
Send the breath throughout your entire body.
Bring your awareness to the present as you wiggle your toes and fingers.
When you are ready, open your eyes.

Wisdom

Close your eyes, breathe in slowly through your nose to the count of 5
Breathe out slowly to the count of 7 through your mouth

Picture a pure white light coming from high, high above flowing down over you and filling your entire body.

Imagine tree roots coming from the soles of your feet and spreading down through the ground.

See yourself on a quiet beach.

You are standing on the water's edge, with the water lapping up over your feet and ankles.

You feel very relaxed with the sun warming your body.

As you gaze out to the horizon, the waves gently break in front of you. Each wave feels like it has a magnetic pull.

You are drawn to walk into the sea. You feel completely safe and calm.

You continue walking until the water reaches your knees, your waist, your shoulders and then you are completely submerged. You are free to enjoy the water and you feel so relaxed.

You feel like you are floating, enjoying the ride.

The water propels you along as you see marine life of all types, coral and so many beautiful fish.

You are taken to what looks like an underground city.

A huge palatial building is before you, and on the steps in front is your guide.

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He/She opens the huge doors to the building and once inside you see there is a very long table. Your guide instructs you to go to the table and as you do, you notice that there are many people lining up to sit with you.

As you take your position at the head of the table, you notice that each person is someone that is wise in their own way. There are some famous people who you recognise.

There are authors, musicians, athletes, inventors, academics, poets and so many more.

Each person gives you a piece of advice so that you can take it away with you and hold it in your heart.

Your guide now tells you it is time to return.

You follow them out of the huge door and down the steps.

You thank your guide for the opportunity and they bid you farewell.

They tell you to take heed of the advice and to have confidence in yourself.

You are propelled through the water, gliding effortlessly.

As you emerge from the water and walk to the sand, you have a feeling of success, joy, hope in your heart.

You are so grateful for this experience.

Bring your awareness back to the present moment. Take in a few breaths, letting them go slowly. Wiggle your toes and fingers and then open your eyes when you are ready.

I hope you enjoyed these meditations.

You too can create your own meditations
by just being still, breathing
and then allowing images/words/ sounds to
guide you.

There are no rules.

Just relax and enjoy.