



Meditation for Strength

This meditation requires nothing except your desire to create strength of body or mind, or to experience the strength of Spirit.

You could choose to use the following stones, herbs and oil to enhance your strengthening meditative experience.

Place sodalite or black onyx in your pocket (or closer to your heart inside the middle part of your bra).

Sprinkle cedar, German chamomile, yellow sweet clover, dill, elder berry, geranium or star anise on the floor of your meditation area.

Place an open bottle of ylang ylang aromatherapy oil near your meditation area, or anoint your wrists with it if you're not allergic.

Mental Preparation

Say to yourself or out loud what you intend to accomplish with this meditation.

Ask that your meditation positively affects you and those around you.

Believe that what you are about to imagine will bring you closer to your intended goal.

If you're new to meditation and/or can't quite bring yourself to fully believe that you have the power to heal and direct your life through meditation, and then simply open your mind to the *possibility* that meditation is a healing activity.

Meditative Position

You may either sit or stand for this meditation. Standing will help to physically strengthen your legs and hone your balance. If at any time the standing position becomes too strenuous, move into a nearby chair.

Sitting: Find a comfortable chair in which you can plant your feet firmly into the floor. Relax your tailbone into the back of the chair, and balance your upper body on top of your tailbone. Sit firmly and completely, weight on your feet and tailbone, balancing your torso gently upon your tailbone.

Standing: Stand a foot or two away from a wall. Rest your tailbone on the wall, bending your knees slightly. All of your weight will be distributed between your feet, legs, and the point where your tailbone meets the wall. Your upper body will be relaxed, flexible.

Both positions will allow your upper body to sway slightly and comfortably.

Strength Meditation

Relax into your position. Breathe deeply. Feel your weight. When you're comfortable, take in three deep breaths, expanding your abdomen and allowing your upper body to move and adjust to your breath.

Feel the strength in your feet, legs and tailbone. Allow them to hold you firmly grounded as you gently move your head and neck, then your shoulders, then your waist. Feel your upper body release your tension. Feel it drain out of you through your fingers. You may raise and lower your arms as you wish, gently pushing the tension out through your fingers.

Breathe gently, deeply, and completely.

Become very still. Feel the stillness throughout your body.

Imagine a thick root of white light traveling from your tailbone and abdomen area down through your legs. As it reaches your feet, allow it to branch off through your heels and toes into the ground. Imagine these tendrils of white light traveling down into the center of the earth. Allow the tendrils of white light to wrap around the earth's heated core.

See the earth's reddish-brown energy slowly fill your tendrils of light. As you breathe in, pull the earth's energy up through the tendrils of light. Imagine the brown earth liquid flowing up into your feet, legs, and abdomen.

Allow the earth's life-blood to travel up your spine, into your arms and neck, and out of your body in delicate streams through your fingers, head, ears, nose, mouth and eyes. If someone were to look at you right now, you would look like a sturdy, flexible tree.

Move your upper body, gently swaying in an imaginary breeze. Feel the earth's energy, its mahogany life-blood, fill you and then exit from your upper body. Imagine the flow of energy is removing doubt, fear, and other negative thoughts from your entire body from the bottom up.

Notice how your lower body remains strong, sturdy and energized.

Imagine the sun warming your entire body. Imagine the sun slowly crossing the sky above you until it sets below the horizon.

Feel the night's coolness as the moon rises, crosses the sky, and

sets. Breathe deeply, feel the flow of earth's energy, and gently sway in the imaginary breeze.

Imagine the dawn, dewy and cool. See the colors, hear the birds, smell the morning scent. Lend your voice to the new day in song or by simply humming the notes that seem right to you.

Feel the sun's warmth as it climbs higher into the sky. If you wish to go through another day as a tree, go ahead. Maybe it rains or snows, or water rises around you. It doesn't matter. Your life-blood comes from the earth's center, not your lungs. Enjoy the days.

Regain your center by balancing your torso above your tailbone, quiet and still.

Imagine pulling the mahogany tendrils in through your fingers, head, face, arms, neck, shoulders, and down your spine. The energy nests in your abdomen.

Release the earth's center. Slowly draw up your mahogany roots. Pull the energy you need from the earth up through your toes and heels, up through your legs. Allow the energy to nest in your abdomen.

Release your legs slowly. Shake them out when you feel ready. Rise from your chair or pull away from the wall. Breathe deeply a few times, feeling the strength of the earth within you. Take a second to thank the earth for her energy.

Meditation Symbol for Strength

