



## Daily Meditation for Balance and Wellness

This meditation requires nothing but your desire to bring health and harmony into your life. If you have a clear or rose quartz crystal available, this meditation will engage the crystal's properties of healing, balance and love to amplify both your ability to concentrate during the meditation and your ability to accept healing energies.

### Preparation:

Choose your favorite meditative posture, or sit with either your tailbone firmly on the floor.

**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 own life through thought, try to open your mind to the possibility that meditation is a healing activity.)*

Inhale and exhale deeply. Repeat while adjusting your position for comfort, rotating your head and neck to release tension, or even twisting gently from side to side. Close your eyes or focus on the Bluelady Symbol for Balance. When you feel still, proceed with the meditation.

### Meditation:

**Feel** your breath as you inhale and exhale. Imagine each breath to be white light, entering and filling you. When you feel full of light, shift your focus to the base of your head, where your spine begins.

**Feel** each breath of white channel itself, vertebra by vertebra, down your spine, filling and expanding as it moves.

**Reaching** the bottom of your spine, the cord of breath and light exits from your body and continues down into the earth. You are connected to the light. Each breath sends the light deeper and deeper toward the earth's core.

**Allow** your cord of breath and light to enter the earth's core, anchoring itself deep within the earth's power house. Breathe in the earth's energy. Focus on breathing through the cord of breath and light.

**Refocus** on the bottom of your spine. See that there are dark specks amid the light. These specks are your negative thoughts and feelings, unused and unneeded energies that you harbor within your body. It is not necessary to pinpoint what the dark specks represent, simply see that they are there.

**Refocus** on your breath. Each inhalation brings pure energy in from the earth. Each exhale forces some dark specks up toward the top of your head. It is all right if you do not send all of the dark specks up to the top of your head right now...you can release them at another time.

**Imagine** a hole opening up at the top of your head. The sudden opening releases the dark specks, and the pure earth energy pushes upward, surges upward in a rush.

**Imagine** a fountain of dark specks and earth energy shooting upwards from the crown of your head. Allow the energy to flow.

**See** the dark specks and released energy begin to fall back to the ground. Watch the earth absorb them. Both the dark specks and earth energy sink into the earth to be channeled to a place where they can be used. Let them go.

**Close** the release hole on your crown when only white energy and light is exiting from you. Feel the positive energy swirl inside of you. Feel it fill you. When you are ready, return your focus to the bottom of your spine and the beam of breath and light connecting you to the core of the earth.

**Thank** the earth for allowing you to channel its energy. Realize that the earth has become more balanced because of the dark specks you gave it to recycle. Enjoy a moment or two, and then begin drawing your cord of breath and light back into your body.

**Focus** on the breath through your nose and mouth as you fully draw in the cord of breath and light. See that the breath you exhale is as white and pure as the breath you inhale. Enjoy a moment. When you are ready, open your eyes.

**Readjust** to the physical world slowly. Open your eyes. Gently stretch and move your body until you are ready to move forward with your day. Do your best to retain the feelings of peace and energy by refocusing on your breath intermittently and consciously releasing what you do not need to harbor inside.

## Meditation Symbol for Balance

