

CLEARING MEDITATION

Dropping clients into altered states of consciousness:

Deep Breathing. Release all tension from the body...

Your Spirit is the guiding light of your life, that sits on the throne of your heart, inside of the body's magnificent temple, that is guarded by the mind.

When we experience heartbreak, fear, sadness, anger, trauma, or confusion our mind locks the door to our body's temple to keep the heart safe inside. When our heart is closed to the world our spirit goes to sleep.

We're now going to give your mind permission to unlock your body's temple, so that we can release any experiences that are blocking your heart. We're going to let your mind know that the body, heart and spirit are safe to heal, to open, and to feel in this moment.

MIND

We're going to use imagery and visualization to relax and clear your mind. Take a deep breath in and imagine white light coming down through the top of your crown and sparkling through the mind and picking up and attaching to anything negative or heavy or dense and as you exhale, just releasing it down through the body and out the feet back into the earth.

We're going to keep that breath going and with every inhale, filling the mind and allowing the white light to attach to anything and clear it as you exhale. With every breath, you're going to free the mind.

Smile to yourself and feel the clarity you've created in this moment.

HEART

Now as you breathe in the white light, allow it to flow past your mind and fill your heart space with that glimmering light and with every breath, allow that white light to clear your heart. Allow it to attach to anything heavy, negative or dense that's ready to leave. With every breath allowing your heart to feel again.

Smile to yourself, and feel the peace and love you've created in this moment.

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BODY

This time we're going to bring the white sparkling light down past your mind and heart; washing all over the body, like waves of white light, washing through your entire system and using that sparkling white imagery to clear your entire body. So anything that feels heavy or dense, that's ready to release back into the earth. With every inhale, the white light attaches to anything that needs to leave. You might even feel a slight tingling in your body as everything starts to release and move through you.

As you breathe into the body, allow yourself to feel the safety you created in this moment.

To truly free ourselves from our past, we must trust our bodies and let go of control. So on your next breath in take a deep long breath in, and then as you exhale, surrender to your body's innate wisdom. Inhale again and on the exhale just let go and lean into your body's natural instincts.

Trust your body and let it know that it has the freedom to move, shake, laugh, cry, scream, dance, play, feel, sense, sing or do anything else that might need to come through this session in order to release and heal.

SPIRIT

Now we're going to bring in the wisdom of your higher self, your spirit. So breathe a golden sparkling light, but we're going to start from the feet this time and breathe it up through the legs, past the knees, up into the hips, into your abdomen all throughout every organ and keep breathing that light, past your chest, rolling over you like waves out through your head and up out of your crown to ignite your spirit with that loving golden light.

We're gonna keep moving those waves of golden light as we breathe, inhaling it from the earth. Through the body, through the heart, through the mind, and up through our crown, connecting to your spirit, your higher self, your super conscious mind.

Connecting with that intelligence, your own intelligence.

When you're ready, we're gonna just move into a scan of your sensory system and just see how the body's feeling. See if there's anything after doing all that release. See if there's anything else that you're noticing that your body might want to share with you. And as you're present with your body, notice if anything comes up, that feels old that's ready to be looked at, that wants to be heard or seen or felt.