

Soul Unification Healing Meditation™

GUIDED MEDITATION

Times are to give you an idea about spacing, be flexible and trust you intuition, lean towards giving people more time and quiet not less.

Take three deep and clearing breaths

Decide you are willing to be here, so up to what's possible and let go of expectations

[30 Seconds]

Give yourself permission to experience healing.

Give yourself permission to KNOW love.

Give yourself permission to change.

Give yourself permission to BE just as I am.

Give yourself permission to heal.

[30 Seconds]

Breathing in light, breath, sound, healing vibrations, love

Whatever it is that makes sense to you

I will be using light and love throughout this meditation to refer this natural occurring life force that is a mystery and yet is trustworthy

Breathe in this light and allow it to begin

Clearing all your bodies

[15 Seconds]

With each breath allow yourself to receive everything you need and be nourished and with each exhale releasing everything that no longer serves you

- The light turns tension into relaxation
- Stress into clarity
- Tightness into softness
- Resistance into trust

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- Gripping into release
- Anxiety into space

[30 Seconds]

That which is released is restored

Like legos or firecrackers, when it is in you it has form,

As soon as you release it, it loses its form and becomes raw potential, free flowing life force,

So that what was once a burden in you becomes a gift to the cosmos

[30 Seconds]

Breathe this light and love deeply

cleansing, healing, restoring, balancing

... the space around you

... Your skin and hair and nails

... All your muscles and tissues

... Your digestive organs

... Your blood, cerebral spinal fluid, lymph, all the fluids of your body

... Your heart and all the feeling you have ever had, are having, and will have are held by and cleansed by this light

... Your mind and all the thoughts and the pathways to and from those thoughts, the ones you have had, are having, and will have are held by and washed and blessed by this light

... Your root, generative organs and all the wisdom and deep knowing that you have ever had, are having, and will have is held by and honored and sanctified through recognition and love by this light.

[30 Seconds]

Breathing light into and from your bones

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...Your bone marrow, the place when you're blood is made, where your DNA is expressing itself blood cell by blood cell

[30 Seconds]

Love washes into and through the cells of your whole being

And you breathe, this light moves through the space between your the electrons

[30 Seconds]

Until the landscape of your being is so filled with light

Inhaling light and exhaling light,

That without effort your whole being is radiating light

[2 min]

Now invite your spiritual counsel to join you

Calling on your spirit guides, Divine, your beloved ancestors

Calling those who are entirely dedicated to you being the fullest expression of yourself, in this lifetime, to come close.

Knowing that any ancestors that need healing will stay outside this circle at a distance to witness and receive the healing that you are doing for your entire lineage

[15 Seconds]

Your spirit guides are so respectful, love and trust you so much, that they will only help on the level you invite them too.

[15 Seconds]

So decide how deeply and fully you want them to assist.

[30 Seconds]

Invite them close.

Thank them for being with you always, whether you have known it or not.

Tell them you are here to connect and establish a conscious relationship with them.

[30 Seconds]

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This is a moment of choice:

Tell them right now, where and how you want them to help. At the edges? In guidance? In complete arrangement and assistance to circumstance and cellar reconstruction? It is up to you. Ask them to help you in the way you want them too.

[4 minutes]

Begin scanning your body for your SatNam, your Soul, your truest self, the self that has been here long before this life and will be here after.

Locate this place in you.

Breathe into YOU.

[30 Seconds]

Now here is another moment of choice:

You are invited to make a vow to give the authority over your entire life to that place of you...

Do you want your Soul, your SatNam, your truest self to have the authority over your life?

If yes, then decide right now

to hand over the entire landscape of your being to your Truest Self.

This means your Truest self is deciding what words you speak, the tone you use.

How you listen and what you hear.

What steps you take and what decisions are made

[1 min]

Hand over the chemicals of your brain and the hormones of your body, how you cells and DNA replicate to the wisdom and discernment of your Truest Self.

[1 min]

Invite your Self to have the authority over your life and actions...

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Where you go, how you feel, what you see, what you touch and the meaning you find in things.

Your entire life...

How you digest your food...

The details of everything...

[1 min]

All that you are and all that you are becoming is now under the direction of your Soul.

[2 min]

Now we are going to enlist the power of witness and the wisdom of your spirit council.

Invite your council to come in and see deeply and entirely all that you are, see you in all your beauty, expose your SatNam, to them to be seen and known

Show them what you have been that is you

Now, invite them to see all that you have been the is not you...

Choose to be exposed...

Choose to allow them to see all the ways in which you have side stepped your wisdom, betrayed your own body or trust, forgotten your power, denied you are lovable

Choose to be completely exposed and have them see you, witnessing and lifting any shame that may be present, allow their love and wisdom to see every place and every way you can bare to have them see you

who you have been that you are not, and who you really are...

Allow their loving presence to help discern and heal disconnect...

[15 Seconds]

Invite them into details and subtleties of it all.

[15 Seconds]

Choose to expose all that is you, and all that you have been that is not you and allow *all* of it to be loved and healed.

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Invite their guidance, their healing as you emerge and expand, filling the landscape of your being with your Truest Self.

You, your Truest Self and your guides, allow the connection t

[15 min]

Taking the next few minutes to come to completion with your guides and healing journey

[5 min]

Take this moment to offer a gift of gratitude to the sacred council.

[2 min]

Make space to receive any gifts, messages, to offerings they may have for you.

[2 min]

Slowly deepening your breath

[30 Seconds]

Taking 3 deep cleaning breaths releasing all that is ready and willing to be released and restored.

Let it go.

[30 Seconds]

[5 deep breathes]

Now, in whatever way you are inspired, summon back to you from all time and all space, your Soul, your Truest Self to come home to you here. Knowing that what returns to you, is you in your optimal form.

[2 min, or until big settling breath]

Take 3 gentle breaths integrating on all levels of your being, unifying self with self.

Grounding and rooting in your light lattice with this light lattice of Earth. Allowing the space that has been made, the self that has expanded and returned and the new self you are in this world gentle reentry.

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[30 Seconds]

Softly bringing your hands to your body, patting and petting, brushing, greeting yourself emerged self with loving affection. Lightly pressing your loving contact, bringing this sacred self into their sacred vessel of a body.

[2min]

Gently begin moving, rocking, holding, breathing.

Gently. Gently. Gently.

Take the next 10 minutes to do whatever you need to care for yourself.

Journal, go to the bathroom, eat, sleep.

We will keep this space quiet and ask that if people want to talk to do it _____
(name a location).

[30 Seconds]

Knowing that as we return with our precious selves we will greet each other with loving precious selves.

CONTACT

Please feel free to contact me with any questions, needs, thoughts, concerns, desires, and/or stories, I'd love to hear from you.

You can join my email list via my website or by emailing me.

Peace and blessings, Sat Nam,

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