

DEEP BREATHING MEDITATION

THE BASICS (101)

GROUNDING: Sit in a comfortable chair with your feet flat on the ground. (Both feet **must** be on the ground at all times.) Close your eyes and begin by taking a deep controlled breath **(IN)** through your nose and breathe **(OUT)** through your mouth as if you were blowing out a candle. Continue doing this for a few minutes. While you are breathing, relax, relax and relax!

While continuing to take deep breaths, imagine a hose (cord) 4"-6" round running behind you, going through the floor into the center of the earth. Make the hose (cord) any color, or colors that come to mind. The more colors the more effective it will be. Imagine the hose (cord) attaching to the core, or center of the earth. Continue breathing deep. If it is not attached, continue taking deep breaths until you feel it is attached. Once it is attached take a very big deep breath and imagine the other end of the cord which is directly behind you, plugging into your first chakra or root chakra which is located on the base of your spine or tailbone. Continue taking deep breaths. You are now **"GROUNDED"**. Take deep breaths and with each breath **"let go"** of your stress, pain, anxiety, and problems. Focus on every detail and as you take deep breaths imagine *that* issue leaving your body and flowing down your grounding cord. Continue breathing deep.

RUNNING ENERGY: Now move your feet around on the floor, this will open up your feet chakras. Now, with each deep breath, draw up through the floor some earth energy. Imagine a light brown or green energy pulling up through the bottom of your feet, flowing up your legs and through your hips. Channel the energy towards your 1st chakra and out your grounding cord. Continue breathing deep. As long as you are breathing deep then the energy will continue flowing. Now rub the top of your head. This will open up your crown chakra. Imagine yourself reaching up with your arms and hands through the ceiling, past the sky, into outer space. Now grab handfuls of cosmic energy and draw it down through the top of your head, through your crown chakra or 7th chakra. Imagine the energy as a light sparkling, twinkling kind of energy. As you draw it through the top of your head imagine it flowing down your neck, shoulders, arms and torso. Focus the cosmic energy blending with the earth energy and mix them together in your stomach and watch it flow out your grounding cord together. Continue taking deep breaths for the next 10 to 20 minutes. Congratulations you are now meditating. Let go of your problems, pain or whatever is bothering you with each breath.

FILLING UP WITH YOUR ENERGY: Now once you feel completely relaxed and stress free, imagine a golden sun above your head about the size of a basketball. With each deep breath imagine the sun collecting **"YOUR"** energy from every place you have been: home, work, friend's and family's homes, grocery stores and shopping malls. Even vacations you've taken.

The sun will automatically know where to draw your energy from. With each deep breath watch the sun grow bigger. When it has grown to 3 times the original size, take a deep breath and imagine yourself reaching up and poking a hole in the bottom of the sun. Your light golden energy will now flow out of this sun and flow like warm soothing honey as it runs down the top of your head. Continue taking deep breaths as your energy fills in every opening in your space. Feel the warm energy as it runs down your head, through your face, neck, shoulders, torso, arms, hips, legs and feet. Your energy will fill you up all the way down to the “cellular” level of your body. With every deep breath you are filling your space back up with your energy. Continue taking deep breaths until you feel you are now filled up completely. Now focus your attention behind your eyes and slowly open them. Now bend down and stretch towards your feet and “dump out.” Keep stretching for a few minutes.

Nice job! Now please try to do this everyday for at least 5 to 20 minutes or every other day.