

Inner Healing/Clearing/Feeling Embodiment Meditation

Do you ever feel spacey and out of control? Like your mind is racing and it seems stuck in more than one place resulting in overwhelm and anxiety? With so much high frequency energy pouring on to our planet right now, we are being presented with a beautiful opportunity to embody!

When you feel stuck or like the walls are closing in, this is the universe telling you to pump the brakes and get back inside! This has greatly helped come back into homeostasis and regain a greater sense of well-being.

I have found that doing this meditation regularly has greatly strengthened my emotional body and has created more resilience and flow in my life. We have been conditioned over time with the idea that it is not safe to feel our emotions and we must **NOT** at all costs, at least the ego proclaims, for survival in this lifetime! We are plenty busy and distracted enough to keep us out of our bodies and unfortunately, many people go to their graves never processing stuck energies. When you realize that you are safe to feel and live to tell about it, life gets magical and new realities begin to open up to you! You become empowered!

Embodiment. When you are fully embodied you realize that the answers have always been there. You tap into the creator within and can better navigate your life with a wider lens seeing things from a much higher and clearer perspective. I always say that spirit is within you and when you are living from within, you are living with spirit!

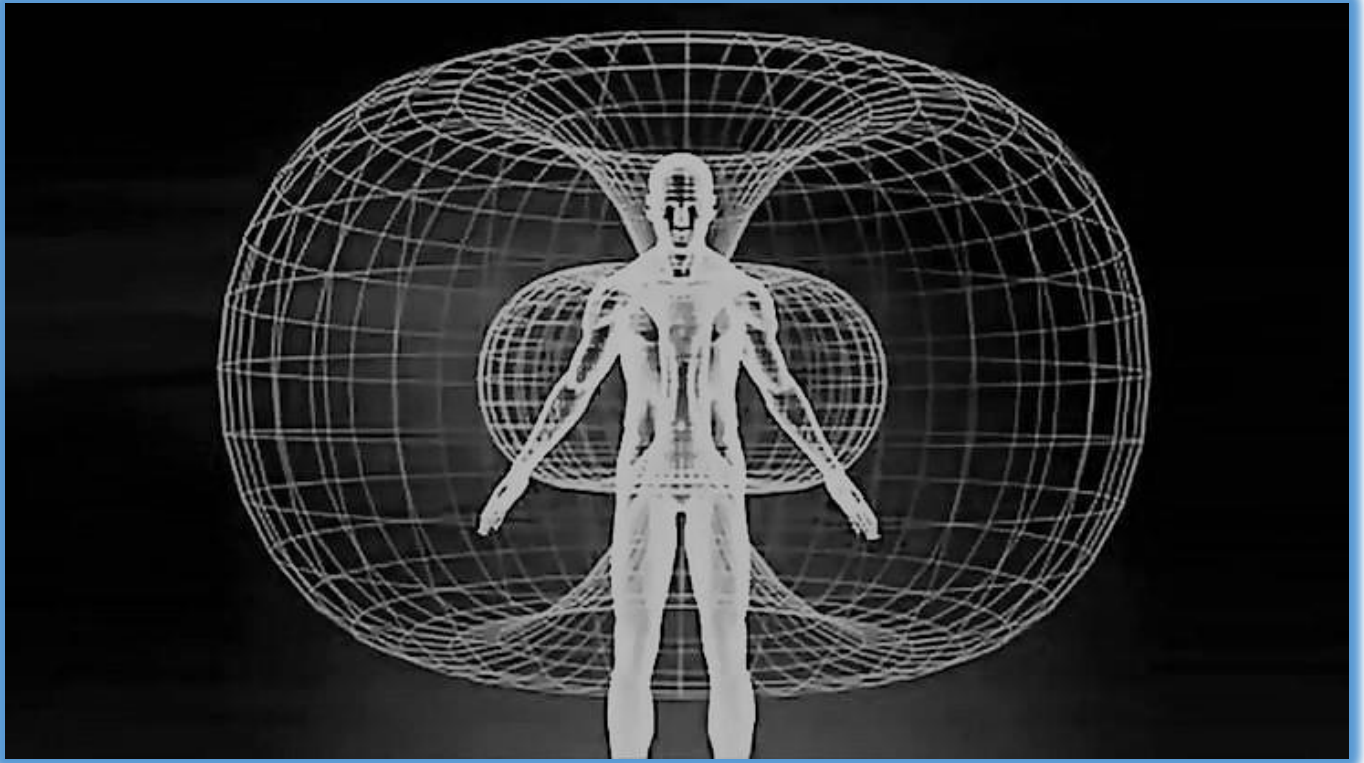
With the help of some breath work coupled with visualization and a few mantras, this meditation will help you re-embody and fully ground into your vessel to restore ease and flow back into your life. Please only take what resonates and toss the rest.

I recommend this meditation in the evenings or when the day is over for you as it will require a quiet space and 10-20 minutes uninterrupted.

Before You Begin!

This meditation works best if you are in the cross-legged or lotus position while on the ground. Your channel consists of your 7 energy centers beginning from your tailbone to the top of your crown. We first need to clear the channels before we can fully embody. This is done by feeling or intentionally placing your awareness on any stuck emotions and/or discomforts in the body. It's very simple, and I find that you do not need to figure out or analyze any emotion that arises within you (if something comes to you regarding the source of the emotion, that's great also!), you just have to 'feel it through' and it will dissolve the more you feel. It's that simple.

DISCLAIMER: The information contained in this guided meditation I am not a licensed certified health professional, nor do I pretend to be one. The information presented in this meditation is not presented as medical advice and is not intended to be a substitute for professional medical diagnosis, or treatment, it is what I have interpreted to be true and helpful for myself. Do not practice this meditation while operating any machinery, or under use of any drugs or substances. Use of this material is at your own risk.



Once sitting on the ground in the cross-legged or lotus position:

1. Begin by connecting to the earth. Visualize an energy cord dropping from your root chakra all the way down through the many layers of the earth seeing the cord wrap around the core.
2. Now breathe the energy from the earth up your channel to your root all the way up to your heart and back down into the earth visualizing an anchor dropping into the core as you exhale. **Inhale and Exhale 7 times (or however many times you feel called to).**
3. When you feel ready, breathe in the energy through your channel from the earth to your root all the way up to your heart only this time as you exhale, visualize the energy moving up your throat, past your third eye, and out of your crown forming a toroidal field around you like the image above, expanding with each breath. **Inhale and Exhale 7 times (or however many times you feel called to)** stay with the breath.
4. Speak your now into existence by affirmation! You can use any mantra you like, I typically repeat the words, **"I AM grounded."** **"I AM embodied."** **"I AM home."** **"I AM present."** **"I AM balanced."** **"I AM aligned."** **"I AM centered."** etc. staying with the breath.

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5. You may notice yourself becoming more sensitized as your feeling body comes online. The key is to embrace the stillness and **FEEL**. Continue to breathe noticing any sensations and allow them to be. Allow space for yourself and surrender. If harsh emotions arise, flood yourself with gentle care and compassion and know that **YOU ARE SAFE TO FEEL** and by feeling you are healing. Engage in dialogue with yourself as a mother/father speaking to a child, **YOUR** inner child. Again, you **DO NOT** need to analyze and fully understand the emotion. Let the energy do the talking and the healing. Just be and allow. If information comes about the nature of the emotion that's great also!
6. If there are heavy sensations in the chakras focus your awareness on those energies, it has something to show you. You may also feel the energy begin to move up your channel or dissipate entirely which is good! You are clearing the channel and making room for embodiment.

You will know when you are embodied once any harsh sensations in the chakras have "smoothened out" and your energy field becomes unified within your body. This feels like calm, ease and peace. The energy centers feel balanced. You may notice a creativity surge and knowingness come through. It may be a good time to journal on what occurs to you.

Helpful Tips:

PLEASE REMEMBER TO DRINK LOTS OF WATER AFTERWARDS. I periodically do a digital detox from social media and minimizing Wi-Fi exposure as the frequencies are disruptive and can be harmful to our energy systems (consider unplugging your router before bedtime). If the weather permits, get out into nature to absorb those harmonic earth frequencies along with sun energy.

Stretching and exercise helps the energy move as well! Remember to hold gratitude for everything in your life as each moment is a gift!

Thank you for this opportunity to share with you a piece of love and information that has greatly helped me re-stabilize in my life! I hope this helps calm your mind and keep you at peace.

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