

# White Light Halo Meditation

## Down from Once It Came



*Disclaimer: This meditation is shared as a supportive practice for relaxation and self-awareness. It is not a substitute for professional medical or mental health care. Everyone's inner experience is unique, so please move at your own pace and honor what feels right for you. If you are navigating significant health or emotional challenges, this meditation is not recommended. For your own safety and well-being, it is recommended to seek guidance from a qualified professional.*

### **I. The Preparation**

This meditation may create shifts within your energy and awareness. Some people experience feelings of ease or bliss, while others notice new insights or changes in perspective. Each experience is deeply personal and unfolds in its own unique way.

For integration purposes, this meditation will be followed by a reflection exercise with the goal of supporting integration. It is highly recommended that you **drink plenty of water** and **ground** before and after this meditation to further assist in this process.

## **II. The Meditation**

Once grounded and hydrated, find a quiet, comfortable space where you will be uninterrupted to allow for greater immersion into the experience. You can sit or lie down, whichever is most comfortable for you.

### **Now with your eyes closed,**

1. Imagine a white light halo 50 degrees from the back of your head (Alta Major Node).
2. Now imagine this Halo growing a root connecting into your pineal gland.
3. Imagine the white light pooling in your head gradually descending down your spine while you imagine your body filling with white light.
4. Bring this white light down below the feet deep into the earth all the way to earth's central core.
5. Bring this white light down below the feet deep into the earth all the way to earth's central core.
6. Be in the energy and witness.

## **III. The Integration**

### **Record your experience.**

- What did you feel?
  - Describe any bodily sensations.
    - Tingling, temperature changes, etc.
- What did you see?
  - Describe any visuals that presented.
    - Objects, people, places, etc.

### **Notate any other meaning you extracted from the experience.**

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