



THE HEALING LIGHT MEDITATION

This meditation is primarily for those who are struggling to know what next step to take along their healing path. It can be for those who have suffered illness in a particular area of their body and want guidance as to what they can be doing to help themselves, or for those struggling with an emotional situation that just won't go away. Whatever the problem or issue that presents itself, this visualisation assists in showing the next step.

This is a beautiful meditation and unfortunately my words do not do justice to the visuals that I saw that day during my session. I was having a Past Life Regression Session and had entered a life at the time of Jesus. This is one of the scenes that I saw, and I have tried to recreate the scene as best I can, but it cannot replicate accurately the experience that I saw, felt and knew. I felt complete awe for what I was seeing and instantly just knew what I should be focusing on. I do not know whether we did communicate with light and energy in times gone by – after all there would be no evidence or trace of it if we did – but I felt that what I was seeing was a memory and not a story made up by my subconscious. The emotions that I felt were very strong and the image has stayed in my mind without fading since that time.

Whatever you believe, this visualisation allows you the space and focus to 'know' where your next step along your healing path should be.

I would recommend reading it through if you are doing this by yourself, or alternatively taping the meditation so that you can play it back to yourself. If you are to create a tape, quieten and slow your voice as if trying to lull a child to sleep, and allow pauses in the relevant spaces so that you have time to glean the information that is available to you.

I have recommended that you sit in a straight backed chair, or on the floor, or anywhere that is comfortable but where you are less likely to fall asleep. If you do fall asleep don't worry, you can repeat the process as many times as you want. If

you find visualising hard, then this is the perfect way to practise. If I say to you imagine a lemon, what you see in your minds eye will be a roughly spherical yellow fruit. If you then try and concentrate on the skin, you will eventually be able to see more and more detail. Practise with known objects like this, and eventually you will be visualising easily. However, if you find that you sense something rather than see it, or hear words spoken, then that is right for you and just go with it. Use all of your senses to gain information and insight.

Remember to set your intention first in a clear and unambiguous way.

Enjoy!!

Find a comfortable place to sit, preferably in a straight backed chair where you can relax but not fall asleep. Allow your eyes to gently close and begin to concentrate on your breathing. Gently breathe in through your nose and out through your mouth. Concentrate on this breathing exercise for a few minutes and as you do so allow all of the muscles across your scalp, and down your face to relax. Then focus your attention on the muscles around your neck and shoulders and consciously allow them to gently relax as well. Shrug your shoulders and then release them, feeling your muscles loosen and expand to a greater level of relaxation. Repeat this process as many times as you need in order to feel yourself relaxing down into the chair. Allow the stress that you have been holding around your head, neck and shoulders to just drift away, as if like smoke from your body. Imagine all of the negative emotions, hassles and upsets drifting off your body in a grey vapour. Allow that image to continue until all of the vapour has dissipated. Once the vapour has been released, shrug your shoulders again, gently move your head from side to side, and allow the muscles to relax even deeper. Concentrate again on your breath, in through your nose and out through your mouth, until you feel truly relaxed.

Now imagine all the little muscles down either side of your spine begin to relax. Starting at your neck, imagine each one relaxing even further. Follow that wave of relaxation down to your pelvis, down your thighs, across your knees and shins and then down to your ankles and toes. When that wave reaches your toes, wriggle them slightly until all that tension is released through you, down into Mother Earth where it is transformed into beautiful golden earth energy. Allow that ripple to repeat as many times as is necessary for the muscles to relax and release all the tension they have been holding. Feel your whole body sinking lower and lower into the chair, almost merging with it as your level of relaxation continues. See your energetic self, merge and interlace with the energetic image of the chair. Allow yourself to become one so that you cannot even feel the presence of the chair. Follow your breathing again and allow it to take you to a deeper and deeper place of relaxation.

I want you to now imagine a beautiful Mediterranean redbrick building. Only one storey high and surrounding a large courtyard filled with terracotta pots and tall majestic palm trees. This courtyard is open to the elements and you can smell the balmy air and see the night sky above. The sky appears navy and clear, and there is a bright full moon surrounded by beautiful twinkling white stars. The ephemeral white light from the moon and stars creates the lighting for the scene. There is enough light coming from above that you are able to make out the details of the courtyard, the gravel on the ground, the pots of Mediterranean flowers such as red geraniums and the smell of herbs and lush plants hanging in the air. Just take your time and allow yourself to slowly make out more and more details. Perhaps take some time to walk along the paths, feel the flowers and herbs brush against you and smell their scent on the air.

When you look around, you notice that there is an open walkway between the courtyard and the building, and you begin to realise that standing around that walkway on all four sides are people. All sorts of people of all shapes and sizes, holding hands and forming a massive circle through the walkway and around the centre of the courtyard and you. You feel their positive, compassionate and loving energy send waves towards you. They are filled with excitement and anticipation and allow that feeling to become infectious and to slowly envelope you. As you watch the people you begin to make them out clearer and clearer, seeing their different faces and clothes, whether they are men or women, their smiles and relaxed stances, their whispered chatting and laughing.

As you continue to watch the people a reverent silence descends, as the most beautiful shaft of bright white sparkling light comes down from the night sky into the centre of the courtyard like a giant spotlight. Its brightness illuminates the faces of the people even more and you can see the love and awe reflected there. As the light hits them all stress and aging appears to just disappear in its glow. As you continue to concentrate on the shaft of light you can make out beautiful bright sparks of colours that dance within it. Even though it appears white and sparkly, there are all the colours of the rainbow dancing and vibrating within it, like glitter within a tube. It is beautiful and hypnotising. As you stand and take in the scene you begin to realise that the light is giving off a sound, like a single continuous tone. A beautiful note that resonates throughout the scene, and appears to vibrate through every cell of your body. Rather than being irritating or grating, it exudes a feeling of calm and peace. As that sound wave gently moves through you, feel it positively affecting every part of you, on all levels of your being. Feel it vibrate through your physical body, your energetic layers and finally throughout your Soul Continuum. Much like the wave of relaxation this is a wave of pure healing. Allow that wave to flow outwards across all time and space, shifting any emotion, belief and negative energy that is ready to be released. Allow yourself some time to feel the full effect, like a huge energetic stretch, as the sound reverberates through your Soul energy.

Eventually when you are ready, refocus on the people and the courtyard. As the light continues to flicker and dance, each of the people breaks circle one by one and moves towards the beam. This is a fluid motion as one by one each walks towards the light. As they reach the beam of beautiful white sparkly light they reverently scope a handful of it into their palm. It sits like a giant droplet in their hand and once there they each move back to their original position. When it comes to your turn just step towards the light. Know that you are fully protected and safe and that no harm can come to you. Know that only positive information and assistance will be given to you. Allow your spirit guides and helpers to assist you and reassure you if you are in any way nervous or anxious about moving forward. Once you are standing in front of the column of light just gently move your hand through the beam. See the colours flicker as they react to your presence, and how your hand causes the light to shift and move. Notice the tinkling of sound as you do this. How the continuous tone also flickers in unison to the movement of your hand and light. Like a many sensory dance of light, sound and movement. Spend a few seconds just marvelling at this experience.

Now gently scoop a handful of the light into your palm and step back to your original position. Once everyone has a handful of light and are now standing back in the circle, allow your hand to be guided to where the light needs to be placed in your physical body. It maybe that you will instantly know that you need the light to be placed in your energetic layers, or that the droplet of light needs to be allowed to flow along your Soul Continuum to another time and space. Allow whatever needs to be to happen gently and slowly. If the light is drawn to your physical body, allow it to gently enter your physical state at any point it wishes to and make a mental note of the area it is drawn to. Focus on the light as it filters through every cell and muscle as it filters and illuminates every part of that area. If the light is drawn to an energetic part of you allow it to filter through the many layers to where it needs to illuminate knowledge and wisdom. If the light is to be released into the flow of energy that is your Soul Continuum then gently release it into that space, and see what information comes to you as it gently ripples through your Soul. Wherever the light is drawn, see it eventually spread out and fill every part of you with bright white sparkly light. Stand in that beautiful energy as it seeps into every part of you, every lifetime, every dimension, every soul aspect of you. Eventually you are able to focus on the others and as you watch, the light in everyone begins to fade as it is fully absorbed.

Feel the space and stillness as the people continue to fully absorb the experience. Once the light totally fades in everyone, just watch as the column of light is gently and smoothly drawn back into the night sky. Look around as the courtyard is once again just a beautiful garden illuminated only by the light of the stars.

Take a moment to absorb the information that has come to you, or that is still filtering through to you. Take a moment to just sit in that space of calm and peace. When you are ready allow yourself to come gently back into the here and now. Feel the chair

beneath you and your feet firmly on the floor. Wriggle your fingers and toes gently as you ground back into the present day.

Now very gently, and only in your own time, come back into the room. Give yourself plenty of space and ensure that you ground properly by eating, drinking or walking outside, especially if you are planning to drive.

Once you are fully back into the present moment, journal your findings. Journaling is so useful and allows our minds to make more sense of what we are feeling, thinking and knowing.

I hope that you enjoyed this healing mediation and that you have found some aspect of healing, knowledge as to your next step, or realisation on an issue that has been bothering you.

Natasha xxx