

THE STILL POINT

GUIDED MEDITATIONS FOR
PRESENCE, PEACE, & DAILY RITUAL



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WELCOME TO THE STILL POINT

Guided Meditations for Presence, Peace & Daily Ritual

Dear one,

In a world that runs fast and expects more, choosing stillness is a quiet rebellion. *The Still Point* is your sanctuary within that chaos—a soft place to land, a sacred pause woven with intention and breath.

Inside these pages are meditations designed to help you slow down, soften inward, and reclaim your presence. They are simple, soulful, and intentionally written for everyday use—so you can come back to yourself again and again, even amidst the ordinary.

Whether you're feeling overwhelmed, disconnected, or just in need of a moment to breathe—these practices will meet you gently. They help anchor your nervous system, calm mental chatter, and create inner spaciousness for clarity and peace.

Each meditation may offer a short introduction to guide your focus or set the tone, especially helpful for those sharing with a group or building a ritual space. Some reference my live sound baths—feel free to adapt or remove those lines as needed; the energy of stillness remains.

You'll also find natural pause points embedded in the journey. These silences are not empty—they are *alive*. They are where the intention spoken begins to settle, and the real inner magic unfolds.

Let this book become part of your morning ritual, your evening reset, your quiet afternoon moment.

Let it become your Still Point.

With love in the quiet,

Dorothy

Certified Sound Therapist, Aurras



UNDER THE BLUE MOON: A MANIFESTING RITUAL FOR THE RARE AND RADIANT



INTRODUCTION

We are in the window created by the convergence of three celestial events. The first is the Full Moon and the second is Super Moon and a Blue Moon. A Blue Moon occurs when two Full Moons occur in the same month. A Super Moon occurs when the Moon is closest to the earth and is also Full. These conditions are rare infusing the cosmic energy with a sense of unique opportunity and magic and using the influence of this combined energy to empower our intentions.

A full moon represents a time of completion, abundance, and transformation. Because the moon must be illuminated by the Sun opposite of the earth, it can also mean a time of friction, polarity, and intense emotional energy. It is a time to look honestly at yourself and your own behavior and what is or isn't working for you. But this is a time of high energy so connections to others is good.



Emotions are a key signature of the Moon because of their focus on emotions, often causing you to dive deep within yourself and reflecting. It's through the power of our emotions that our intentions can be manifested and carried into the unified field. You may find your own psychic abilities are more awake so listen to what your intuition is telling you to get rid of, to keep or to do more of.

Clinical evidence shows that you may have difficulty with deep sleep or delay in REM sleep during this period and some change to your cardiovascular conditions.

GUIDED MEDITATION

Please take a comfortable position.

Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply. Notice how you hear more than one tone. Notice the vibration.

Take in the sound. Notice where the sound travels as you listen to it. Where is it going in your body? Take in the sound. Notice what thoughts you are having as you listen to it.

As you continue to breathe deeply, imagine yourself standing in a tranquil meadow under the soft, shimmering light of the Blue Moon. The moon's gentle glow envelops you, creating an aura of serenity and possibility. Feel the cool grass beneath your feet, connecting you to the earth's grounding energy.

Take a moment to observe the beauty of the Blue Moon above you. Notice its subtle shades of blue and silver, casting a soothing radiance over everything it touches. This moon represents a rare moment of alignment, a bridge between your intentions and the universe's receptivity.

Now, shift your attention to your heart center. Visualize a bright blue light residing there, pulsating in harmony with the sound and the Blue Moon above. With each inhale, feel this blue light expanding, radiating waves of calm and confidence throughout your entire being. As you exhale, release any doubts or limitations that may be holding you back.

As you bask in the moonlight, consider the dreams and desires you hold within. Without judgment or expectation, allow these intentions to rise to the surface of your consciousness. Imagine them as seeds ready to be planted in the fertile soil of your reality.

Now, imagine yourself holding these intentions in your hands, feeling their weight and significance. With a deep sense of purpose, gently release them into the night sky. Watch as they ascend towards the Blue Moon, merging with its luminous energy. Trust that the universe is receiving your intentions and aligning its forces to support your manifestation.

In this moment of quiet connection, feel a profound sense of gratitude. Gratitude for the dreams you hold, gratitude for the journey that has brought you here, and gratitude for the universe's unwavering support. As you embrace this gratitude, sense the Blue Moon's light infusing your intentions with even greater potency.

Now, let your mind rest in stillness as you simply breathe and be. You are a part of the cosmic dance, synchronized with the rhythms of the universe. Feel the energy of the Blue Moon enveloping you, nurturing your intentions and guiding them towards realization.

SILENCE

When you're ready, gently open your eyes, bringing the sense of calm and connection with you into your day. Remember that the energy of the Blue Moon continues to support your intentions, and every step you take is a step towards their fulfillment. Trust in the process. Know that this serene space is always available to you, a sanctuary of manifestation within you whenever you need it.

CLOSING PROMPT

What desire feels too rare to name—but wants to be honored anyway?



THE LIGHT YOU CARRY: A CELEBRATION OF JOY, GRATITUDE & EXPANSION

GUIDED MEDITATION

Begin by finding a comfortable position, either sitting or lying down. Close your eyes and take a deep breath in through your nose, allowing your abdomen to expand fully. Exhale slowly through your mouth, letting go of any tension in your body. Take a few more deep breaths at your own pace, and with each exhale, feel yourself becoming more relaxed and present in this moment.

Now, bring your attention to the sensations in your body. Notice any areas of tension or discomfort and gently invite them to soften and release. Allow yourself to settle into a state of calm and ease. Feel the support of the surface beneath you, holding you up effortlessly.

As you continue to breathe deeply and evenly, imagine yourself in a beautiful, serene place. This could be a real location that you love, or an imaginary landscape that brings you peace and joy. Take in the details of this place – the colors, the sounds, the scents, and the overall atmosphere. Allow yourself to fully immerse in this environment.

In this peaceful setting, take a moment to reflect on the concept of celebration. Think about a recent moment in your life that felt like a celebration. It could be a personal achievement, a special event, or a simple moment of joy. Visualize this moment clearly in your mind. Recall the sights, sounds, and feelings associated with it. Allow yourself to relive that sense of celebration, feeling the happiness and excitement, it brought you.

Now, gently shift your focus to appreciation. Think of something in your life that you truly appreciate. It could be a person, a place, a possession, or an experience. Hold this in your mind and let a feeling of appreciation fill your heart. Reflect on the ways this person or thing has enriched your life. Acknowledge the positive impact it has had on you and feel a deep sense of gratitude for its presence in your life.



Next, bring to mind a memory that brings you pure happiness. It might be a moment from your childhood, a time spent with loved ones, or an activity that brings you joy. As you recall this memory, let the feeling of happiness wash over you. Notice how this happiness feels in your body. Perhaps it brings a smile to your face, a warmth to your heart, or a lightness to your spirit. Bask in this feeling of happiness, allowing it to expand and fill your entire being.

Finally, focus on the feeling of gratitude. Think of the many blessings in your life – both big and small. It could be the support of friends and family, the beauty of nature, or the opportunities you have been given. Reflect on these blessings and let a profound sense of gratitude fill your heart. Feel grateful for the abundance in your life, for the experiences that have shaped you, and for the moments of joy and learning.

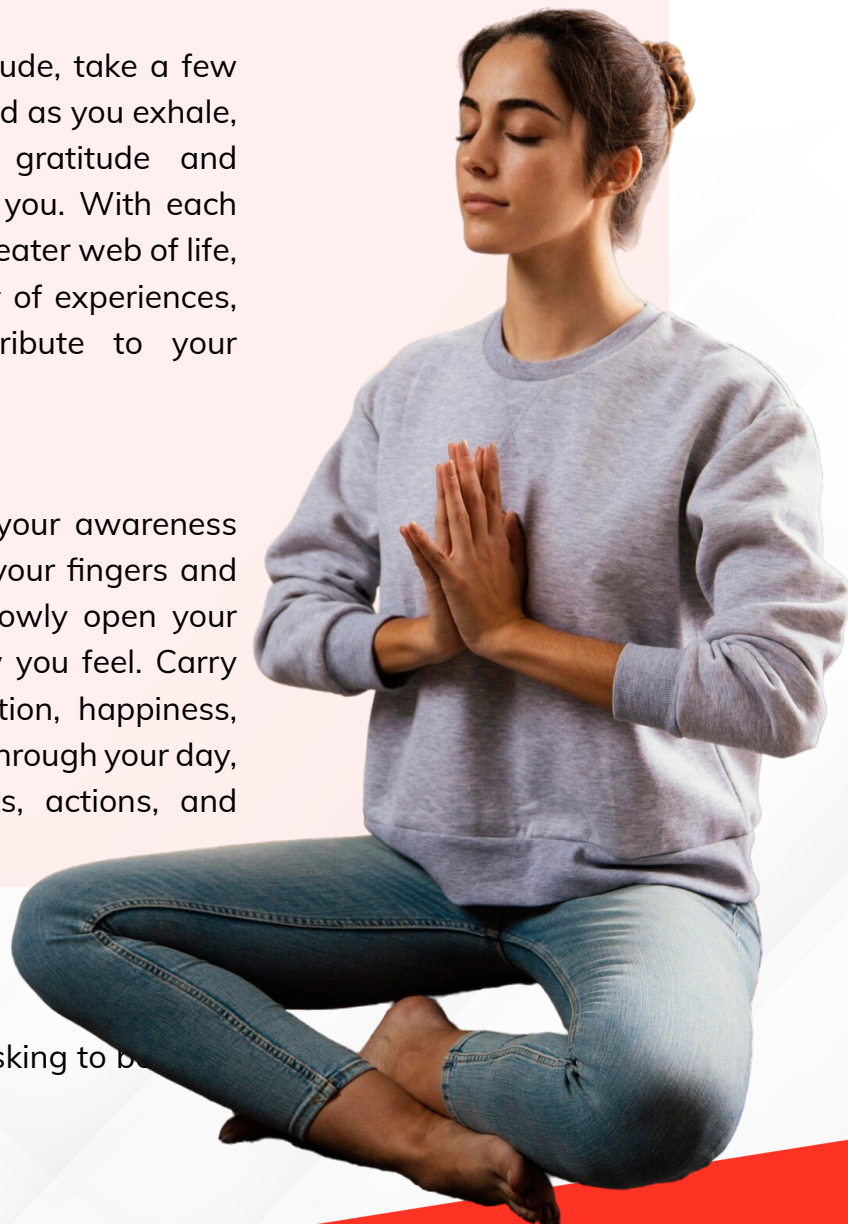
As you sit with this feeling of gratitude, take a few more deep breaths. Inhale deeply, and as you exhale, imagine sending out waves of gratitude and appreciation into the world around you. With each breath, feel your connection to the greater web of life, recognizing the interwoven tapestry of experiences, people, and moments that contribute to your existence.

SILENCE

When you are ready, gently bring your awareness back to your surroundings. Wiggle your fingers and toes, stretch if you need to, and slowly open your eyes. Take a moment to notice how you feel. Carry this sense of celebration, appreciation, happiness, and gratitude with you as you move through your day, allowing it to guide your thoughts, actions, and interactions.

CLOSING PROMPT

What joy, memory, or truth is quietly asking to be celebrated?



THE ALIGNED BODY:

A CHAKRA RECALIBRATION FOR INNER HARMONY



INTRODUCTION

In Western civilizations, we aren't taught about our energy system because it isn't taught as part of western medicine, but it is important to our overall health and vitality. Like anything in our body, if something isn't functioning right for long enough time, it will eventually have bigger, more impactful consequences. Our energy system can only be rebalanced or brought back into its natural state by other energetic practices. These practices include Sound Therapy, Reiki, Healing touch, Acupuncture, massage, and some Shamanic work as examples. Also, our energy system and its function is subtle and for many not easily detectable as a source of fatigue or emotional concerns.

WE START FIRST WITH OUR FOUNDATION WHICH IS THE ROOT CHAKRA.

- » Our root chakra region is defined as beginning slightly below our feet and extending up to our genitals.

OUR SECOND CHAKRA IS THE SACRAL CHAKRA

- » located between the pelvic bone and belly button.
- » the Moon or Sacral chakra governs all bodily fluids and therefore emotions because it does govern hormones.

OUR THIRD CHAKRA IS THE SOLAR PLEXUS

- » located at our navel and center.
- » the Solar Plexus is the seat of our personality, personal power, and self-confidence. The Sun gives us strength, warmth and when we're sick, helps to restore our energy. The sun gives us life.

THE FOURTH CHAKRA IS THE HEART

- » which is located at our sternum or chest.
- » about love and emitting love it is also about calmness, peace, and compassion. It is about the pursuit of the ultimate act of love which is acceptance both of self and others.

THE FIFTH CHAKRA IS THE THROAT CHAKRA

- » the gateway or conduit between our humanity and our divine.
- » the throat chakra rules more than communication in that it rules the brain, intellect, neck, and shoulder.



THE SIXTH CHAKRA IS OUR THIRD EYE

- » called that because this is a true esoteric region and connection to your spirit. It connects you to your intuition and your true inner voice.
- » the Third Eye is located between and slightly above your eyebrows.

THE LAST OR 7TH CHAKRA IS THE CROWN

- » located at the top of your head and slightly above.
- » this is your connection to the universe, higher consciousness, and the divine.

GUIDED MEDITATION

I'd like for you to now find a comfortable position.

Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply. Notice how you hear more than one tone. Notice the vibration.

Take in the sound. Notice where the sound travels as you listen to it. Where is it going in your body? Take in the sound. Notice what thoughts you are having as you listen to it.

Direct your focus to the first chakra, located at the base of your spine to your feet, known as the Root Chakra. Visualize a vibrant red energy, grounding you to the Earth. Feel the sound of the earth.

With each inhale, imagine this red energy growing stronger and brighter. As you exhale, release any fears or insecurities that may be blocking the flow of energy in this area.

Feel a sense of stability and security as the Root Chakra becomes balanced.

Now, shift your attention to the second chakra, located just below the navel, called the Sacral Chakra. Imagine a warm, orange energy swirling in this area.

Breathe into this energy, allowing it to expand and flow freely. Let go of any guilt or emotional blockages that may be hindering your creativity and passion. Allow the sound and vibration to enter your sacral chakra.

Embrace a sense of joy and vitality as the Sacral Chakra finds its equilibrium.

Moving up, bring your awareness to the third chakra, situated in the solar plexus region, called the Solar Plexus Chakra. Visualize a bright, yellow light radiating from this area.

As you inhale deeply, envision this yellow light growing brighter and more powerful. With each beat of the bowls, you sense your own potential. With each exhale, release any self-doubt or control issues that may be obstructing your personal power and confidence. Feel a renewed sense of empowerment and inner strength as the Solar Plexus Chakra aligns.

Now, direct your attention to the fourth chakra, located at the center of your chest, known as the Heart Chakra. Imagine a beautiful emerald or pink light emanating from this area.

As you inhale, visualize this light expanding, filling your entire chest with love and compassion. Bring the sound into your heart and allow it to expand. As you exhale, release any past hurts or resentments, allowing love to flow freely.

Experience a deep sense of connection and harmony as the Heart Chakra finds balance.

Move your focus to the fifth chakra, situated in the throat area, called the Throat Chakra. Visualize a vibrant blue light glowing in this space.

With each breath, feel this blue light expanding, clearing any blockages that may inhibit your authentic expression and communication. Release any unspoken truths or stifled emotions, allowing your voice to be heard. The sound is moving anything unneeded from your body.

Experience a sense of clarity and truthfulness as the Throat Chakra comes into alignment.

Shift your attention to the sixth chakra, located in the center of your forehead, known as the Third Eye Chakra. Imagine an indigo light shining brightly in this area.

With each inhale, feel this indigo light expanding, enhancing your intuition and inner wisdom. Let go of any limiting beliefs or illusions that may cloud your perception.

Embrace a heightened sense of intuition and inner guidance as the Third Eye Chakra harmonizes.

Finally, bring your awareness to the seventh chakra, situated at the crown of your head, called the Crown Chakra. Visualize a brilliant violet or white light illuminating this space.

As you inhale deeply, feel this light expanding, connecting you to the divine and universal consciousness. With each exhale, release any attachments or attachments to ego, allowing a deep sense of spiritual connection.

Take a moment to appreciate the balance and harmony you have cultivated within your chakra system.

Feel the energy flowing throughout your body, nourishing every cell, and bringing a sense of peace and wholeness.

SILENCE

When you are ready, gently bring your awareness back to your physical surroundings.

Open your eyes, carrying the calmness and balance of your chakra meditation into the rest of your day.

May this journey of chakra balancing bring you deeper awareness, inner harmony, and a connection to your true essence.

CLOSING PROMPT

Which energy center felt most alive, and what might it be trying to tell you?



BRAVE BECOMING: A JOURNEY INTO COURAGE, POWER & PRESENCE

INTRODUCTION

Mark Twain – “Courage is the resistance to fear -mastery of fear, not the absence of fear.” We often don’t think of ourselves as courageous or strong because as we’re moving forward, we do so with fear and self-doubt. We fail to acknowledge our courage because we are more focused on our emotions we had while we were accomplishing something. Today, we will see our courage and allow it to grow within us. We are here to be a witness to our courage. We must acknowledge that for ourselves you can’t seek it externally.



GUIDED MEDITATION

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Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply. Notice how you hear more than one tone. Notice the vibration.

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As you settle into this present moment, imagine yourself standing at the entrance of a lush forest.

Visualize the forest as a metaphor for your inner world, rich with diverse experiences and untapped potential. The sunlight filters through the leaves, casting a warm and gentle glow on the path ahead. Feel a sense of anticipation as you step onto the trail, surrounded by the soothing sounds of nature.

In the palm of your hand, envision a small flame flickering gently. This flame represents the spark of courage within you. It's always been there. As you hold it, sense the warmth and illumination it provides. Notice how the flame dances in response to your breath, mirroring the rhythm of your inhales and exhales.

Now, with intention, place this flame at the center of your chest. As you do, feel a radiant warmth spreading from this inner flame throughout your entire being. Allow it to illuminate the corners of your mind and heart, dispelling any shadows of doubt or fear.

As you continue to breathe, witness the flame growing stronger, its light expanding and filling you with a deep sense of inner courage. Imagine this courage as a vibrant energy radiating from your core, extending outwards like ripples on a pond.

Picture yourself walking deeper into the forest, encountering challenges along the way. These challenges may manifest as dense undergrowth or winding paths. With each step, however, notice how the flame within you intensifies, casting light on the obstacles and revealing the strength that resides within.

As you navigate through the forest, visualize the flame guiding you, illuminating the way forward. Allow its light to reveal the hidden beauty of the journey, transforming obstacles into opportunities for growth and self-discovery.

Take a moment to reflect on specific areas of your life where you seek to cultivate courage. Picture these situations surrounded by the warm glow of your inner flame. See yourself moving through them with resilience, guided by the unwavering light of courage within.

SILENCE

Now, bring your awareness back to your breath and the present moment. Feel the ground beneath you, the air around you, and the gentle warmth emanating from the inner flame within your chest. When you are ready, slowly open your eyes, carrying the radiant courage with you into the world.

May the inner flame continue to burn brightly within you, lighting the way on your journey and inspiring courage in every step you take.

CLOSING PROMPT:

What does courage look like in the smallest possible action today?

WE ARE ONE FIELD: A CONNECTION RITUAL TO THE LIVING ENERGY OF ALL



INTRODUCTION

We are all connected. It's easy to forget that because as humans, especially in our culture so much is done to promote our separation and individuality. And in this decade, we have learned to become outraged and divisive with each other further causing separation. Yet, we know that in the quietude of connecting with our higher power, we are all part of one energy, one power where the issues that separate us are of no concern because the vibration is high, and love is constant.

You were not put here to live in fear. Anything that causes you fear is out of alignment with your high self and greater good, it is a signal to stop. It is good to connect to this higher consciousness to help point you in the direction of how you want to live your life. Ask yourself the question as you move through the day:



What is my intention? Or How will this serve my highest good? You don't need to fight the fight or participate in a conflict. You need to take your consciousness to a higher level and in turn you help others because you are connected. That is how you wage peace and resolve issues – is to be as close to your spirit as possible. Our energy is contagious because we are connected.

GUIDED MEDITATION

Please take a comfortable position.

Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply. Notice how you hear more than one tone. Notice the vibration.

Take in the sound. Notice where the sound travels as you listen to it. Where is it going in your body? Take in the sound. Notice what thoughts you are having as you listen to it.

As you settle into a relaxed state, bring your awareness to the gentle rhythm of your breath. Imagine each breath as a thread weaving a connection between the physical and spiritual aspects of your being. With each inhale, visualize the life force in your body, bringing vitality and energy. With each exhale, imagine releasing any stagnant or negative energy, allowing it to dissolve into the space around you.

Now, shift your focus inward to the center of your chest – the heart center.

Envision a radiant sphere of light, a source of pure love and compassion residing within you. As you breathe, feel this heart-centered energy expanding, filling your entire being with warmth and kindness. Sense the interconnectedness of this spiritual energy with the universal field that connects us all.

Picture yourself surrounded by an expansive field of energy, a boundless sea of consciousness that transcends individuality. Visualize this field as a luminous tapestry, interwoven with the energies of every living being. As you breathe in and out, sense your own energy merging harmoniously with the spiritual essence that unites us all.



Extend your awareness beyond the boundaries of your physical body.

Envision a network of energetic threads connecting you to every living being on this planet and beyond. Feel the subtle vibrations of this interconnected web, recognizing the shared spiritual tapestry that links us in a sacred dance of existence.

In this moment, release any notions of separation or isolation. Embrace the understanding that you are an integral part of a vast and interconnected whole. Allow a sense of unity and oneness to permeate your consciousness, transcending the limitations of the individual self.

As you continue to breathe, imagine yourself floating effortlessly in the stream of universal energy. Feel the currents of this divine flow guiding you towards a deeper understanding of your spiritual connection to all that exists. Surrender to the gentle movement of this cosmic energy, trusting in the wisdom of the spiritual field that envelops you.

SILENCE

Express gratitude for the profound sense of interconnectedness you are experiencing. Acknowledge the beauty of the spiritual tapestry that binds us together, transcending time and space. As you conclude this guided meditation, carry with you the awareness of your spiritual connection to the field of energy that unites us all.

When you are ready, gently open your eyes, bringing the sense of spiritual unity into your present reality. Carry this awareness with you as you navigate the world, recognizing the sacred bond that connects us on a profound and spiritual level. May this connection bring peace, love, and understanding into your life and the lives of those around you.

CLOSING PROMPT

What shifted in you when you remembered you are not alone?



THE HEALING WELL:

A GUIDED RECOVERY FOR BODY & SPIRIT

GUIDED MEDITATION

Find a quiet space where you can be undisturbed and settle into a comfortable position. Gently close your eyes and take a deep, cleansing breath in through your nose, filling your lungs completely. As you exhale through your mouth, allow your body to soften, releasing any tension you may be holding.

With each breath, let yourself sink deeper into this moment, fully present, fully supported. Feel the surface beneath you, strong and steady, reminding you that you are safe. Let go of any resistance and allow yourself to trust in this process of healing.

Now, bring your awareness to your body, recognizing its incredible intelligence—the way your heart beats, your lungs breathe, and your cells regenerate without conscious effort. Your body is always working in harmony to restore balance, to heal, and to renew. Even in moments of pain or discomfort, trust that healing is taking place beneath the surface.

As you breathe in, visualize a soft, golden light entering your body, filling every cell with warmth and vitality. This is the energy of renewal, infusing your entire being with strength and healing. With every exhale, release what no longer serves you—stress, doubt, tension—letting it drift away like mist in the morning sun.

Now, gently bring your attention to any area of your body that needs healing. It may be a place of physical pain, fatigue, or tightness. It may be an area that carries emotional weight. Without judgment, simply acknowledge this part of you, offering it kindness and compassion.

Imagine that golden light gathering at this place, surrounding it with warmth and care. See the cells of your body responding, restoring, and rebuilding. Visualize them working in perfect harmony, regenerating with each breath. Perhaps you see this light soothing inflammation, repairing tissues, or strengthening your immune system. Trust in the natural intelligence of your body, knowing that healing is happening in ways seen and unseen.

Now, expand this healing light throughout your entire body. See it moving through your bloodstream, nourishing every organ, every muscle, every bone. Feel it flowing through your nervous system, bringing calm and balance. Watch as it gently cradles your heart, dissolving old wounds and making space for peace and renewal.

If emotions arise, let them move through you like waves, knowing they too are part of the healing process. Whatever you are feeling is valid and temporary, just like the seasons of nature. Trust that your body knows how to release, how to recover, and how to return to a state of harmony.

As you continue to breathe, sense a growing trust within yourself—trust in your body's resilience, trust in your ability to heal, and trust in the deep wisdom that exists within you. Healing is not just something that happens to you; it is something you are actively participating in, right here, right now.

SILENCE

Take a few more moments to bask in this feeling of restoration. Feel the gentle pulse of life within you, vibrant and strong. When you are ready, begin to deepen your breath. Wiggle your fingers and toes, gently reawakening your body. Slowly, open your eyes, carrying this sense of trust and renewal with you.

Know that this healing continues beyond this meditation. Your body is always working for you, and you can return to this space whenever you need a reminder of your strength and resilience.

CLOSING PROMPT

What part of your being feels a little more whole right now?



THE UNRAVELING:

A SAFE SPACE FOR EMOTIONAL RELEASE & RENEWAL

GUIDED MEDITATION

Find a quiet space where you feel comfortable and supported. Sit or lie down in a position that allows your body to fully relax. Gently close your eyes and take a deep breath in through your nose, filling your lungs completely. Hold it for a moment, and then exhale slowly through your mouth, releasing any tension or heaviness.

Allow yourself to settle into this moment. Feel the weight of your body against the surface beneath you. Notice any areas of tightness or discomfort and, with each exhale, let them soften just a little more.

Now, bring your attention to your breath. Let it be slow and natural, flowing in and out like gentle waves. There is no need to force or control it—simply observe. With each inhale, invite a sense of spaciousness within. With each exhale, release whatever does not serve you in this moment.

Begin to turn your awareness inward. Notice any emotions that may be present. There is no need to analyze or judge them—simply acknowledge whatever arises. Whether it is sadness, anger, frustration, or something unnameable, allow it to be here with you.

Imagine a warm, soothing light beginning to surround you. This light is gentle and non-intrusive, offering you a safe space to feel whatever needs to be felt. It is here to hold you, to create room for emotions that may have been pushed aside or buried.

As you continue to breathe, scan your body for any areas where emotions may be stored. Perhaps there is tightness in your chest, a heaviness in your stomach, or a constriction in your throat. Whatever you notice, simply breathe into that space. Let your breath create movement where there may have been stillness.



If any emotion feels particularly strong, allow yourself to witness it without resistance. Emotions are energy, meant to move through you—not define you. Instead of holding onto them, imagine them as waves rising and falling, coming and going as they need to.

If tears come, let them flow. If your body feels the need to sigh, tremble, or release tension in any way, allow it to do so. You are safe in this moment, giving yourself permission to feel without fear or judgment.

Now, visualize a river flowing gently before you. This river represents release, a natural and effortless letting go. Imagine yourself placing your emotions into the water—whether as words, colors, or sensations—and watch as the current carries them away. There is no rush, no urgency. Let go at your own pace.

As the river flows, notice how your body begins to feel lighter. Space opens within you where once there was tightness. Each breath invites a sense of clarity and renewal, like a fresh breeze moving through your being.

SILENCE

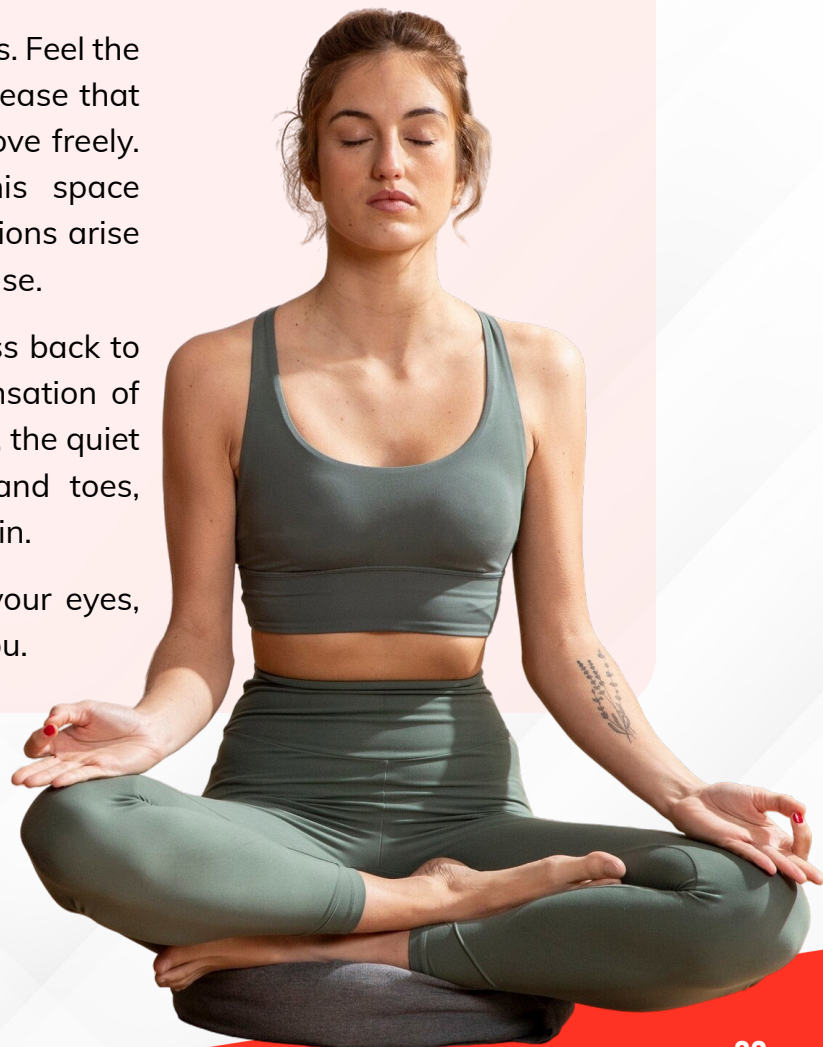
Take a moment here to rest in stillness. Feel the spaciousness you have created, the ease that comes with allowing emotions to move freely. Know that you can return to this space whenever you need, whenever emotions arise that seek acknowledgment and release.

Gently begin to bring your awareness back to the present moment. Notice the sensation of your body, the rhythm of your breath, the quiet around you. Wiggle your fingers and toes, reconnecting with the space you are in.

When you are ready, slowly open your eyes, carrying this sense of release with you.

CLOSING PROMPT

What are you ready to feel without editing or explanation?



BENEATH THE NO:

A DEEP DIVE INTO RESISTANCE & READINESS



INTRODUCTION

In life, one key element is change. The very nature of change has with its elements of discomfort, uncertainty, challenges, and extra expenditure of energy. At the same time there is hope and excitement for what the change could entail. It has a mixture of emotions. It isn't for wimps, and you are strong people who have embarked on a hero's journey. Sooner or later, you will encounter your own resistance and when you do, you will search your soul for the meaning of the resistance. Is it a signal to stop? Is it time to pause and process? Are you going in the wrong direction?

These are all good questions and they all come up anytime we are embarking on significant life changing activities. They cause us to question our initial decision as well as our path ahead. Your initial decision was better thought out than the questioning you're going through right now. Please don't derail yourself.



Resistance should be seen as something you need to explore further to understand yourself better. Resistance should be seen as a signal to examine and go deeper within yourself. You have something inside you worthy of addressing, working on to improve because whatever it is, won't go away without your attention. You may think your resistance is about the thing you are changing, when it is about other issues creating the resistance. An example is that a person who is losing weight may have resistance to eating differently but about discovering that they fear the rejection they've experienced has nothing to do with their weight.

The common reasons for resistance during change:

1. **Fear of Failure:** Concern about failing can make a person hesitant to attempt change.
2. **Fear of the Unknown:** Change often involves uncertainty, which can be intimidating.
3. **Lack of Self-Confidence:** Doubting one's ability to make or sustain change can lead to resistance.
4. **Comfort with the Status Quo:** The current situation, even if not ideal, can feel safer and more predictable than the unknown.
5. **Habitual Patterns:** Existing habits can be hard to break, making new behaviors challenging to adopt.
6. **Emotional Attachment:** Emotional ties to current behaviors or situations can make change difficult.
7. **External Pressures:** Societal, familial, or peer expectations can influence a person's willingness to change.
8. **Insufficient Resources or Support:** A lack of resources, whether they be time, money, or social support, can hinder the ability to change.

GUIDED MEDITATION

I'd like for you to now find a comfortable position.

Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply. Notice how you hear more than one tone. Notice the vibration.

Take in the sound. Notice where the sound travels as you listen to it. Where is it going in your body? Take in the sound. Notice what thoughts you are having as you listen to it.

Imagine yourself in a tranquil space, surrounded by soft, ambient light and a gentle breeze. Close your eyes and take a deep breath, letting the air fill your lungs completely, then exhale slowly, releasing any tension or stress you may be holding onto. Allow yourself to sink into a comfortable position, whether sitting or lying down, feeling fully supported by the ground beneath you.

As you settle into this moment, begin to focus on your inner world. Picture a vast, serene ocean within you, its depths mysterious and inviting. This ocean represents the inner landscape of your thoughts, emotions, and experiences. As you gaze into its depths, you are about to embark on a journey of self-exploration, seeking to understand the nature of your own resistance.

Bring your attention to the sounds around you. Listen to the gentle hum of the ambient music or the soothing tones of the singing bowls resonating in the space. Each sound vibrates through the air, creating a symphony of frequencies that wash over you, inviting you to let go and surrender.

With each breath, imagine yourself diving deeper into this inner ocean. Feel the gentle waves of sound guiding you downward, deeper into your own consciousness. As you descend, you may encounter areas where the water feels dense or turbulent—these are the pockets of resistance within you.

Take a moment to explore these areas. Without judgment, observe what comes up. Is there tension or discomfort in your body? Are there recurring thoughts or emotions that arise? Simply notice these sensations and thoughts, acknowledging their presence.

As you continue to listen to the sounds, imagine them as beams of light illuminating the depths of your inner ocean. See these beams of light gently revealing hidden aspects of your resistance. What stories or memories do they uncover? What beliefs or fears come into view? Allow yourself to explore these discoveries with curiosity and openness.

As the sound bath continues, feel the vibrations gently dissolving any tightness or resistance within you. Imagine each sound wave as a healing energy, soothing and softening the areas where you feel stuck. With each breath, allow this healing energy to penetrate deeper, loosening the hold of resistance and inviting a sense of ease and flow.

Now, take a few moments to reflect on any insights that may have surfaced during this exploration. What have you discovered about your own resistance? Are there specific thoughts, emotions, or experiences that seem to hold you back? Honor whatever arises with compassion and acceptance, recognizing that these are valuable parts of your journey.

SILENCE

When you are ready, slowly bring your awareness back to the present moment. Begin to wiggle your fingers and toes, gradually reawakening your body. Take a final deep breath, inhaling gratitude for this time you have dedicated to yourself.

Open your eyes slowly, taking in your surroundings with a renewed sense of clarity and peace. Carry this feeling of relaxation and inner exploration with you as you continue your journey forward.

Remember, exploring your own inner mysteries can reveal profound insights about your resistance. By embracing these moments of self-discovery with openness and compassion, you nourish your inner landscape and cultivate a deeper connection with yourself.

CLOSING PROMPT

What might your resistance be protecting—and is it time to thank it?



THE OVERFLOW:

EXPANDING INTO LOVE, GIVING FROM WHOLENESS

GUIDED MEDITATION

I'd like for you to now find a comfortable position.

Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply. Notice how you hear more than one tone. Notice the vibration.

Take in the sound. Notice where the sound travels as you listen to it. Where is it going in your body? Take in the sound. Notice what thoughts you are having as you listen to it.

Now, bring your attention to your heart center. Visualize a warm, radiant light glowing at the center of your chest. This light represents love, compassion, and kindness.

Feel this light expanding with each breath, filling your entire body with its gentle warmth.

As you continue to breathe, imagine yourself standing in a serene garden.

The air is filled with the sweet scent of flowers, and you can feel a gentle breeze caressing your skin.

Take a moment to appreciate the beauty that surrounds you, feeling a deep sense of gratitude for this tranquil space.

In this garden, there is a path lined with shimmering stones. Begin to walk along this path, allowing each step to deepen your connection with love.

With every breath, you inhale love and exhale any negativity or self-doubt.

As you walk, you come across a small pond. Its surface is smooth and glistening, reflecting the vibrant colors of the flowers nearby.

Sit down by the edge of the pond and observe the stillness of the water. Notice how the water symbolizes the calm and clarity of love.



Gently dip your fingertips into the pond, feeling the coolness of the water against your skin. As you do, imagine that ripples of love spread out from your touch, extending throughout the entire garden and beyond. Visualize these ripples touching the lives of others, spreading love and positivity into the world.

Now, bring to mind someone in your life whom you love deeply—a family member, a friend, or a partner.

See their face in your mind's eye and send them love from the depths of your heart. Imagine this love flowing from your heart to theirs, enveloping them in a warm embrace.

Feel the connection and joy that comes from sharing your love with them.

Now, expand your love even further. Imagine extending this feeling of love to all living beings on this planet.

Send love to strangers, to those in need, and to those who may be suffering. Visualize love flowing to every corner of the world, healing, and uniting all hearts.

Take a moment to bask in this boundless love that surrounds you and flows through you. Feel its profound impact on your mind, body, and spirit.

As you bask in this love, repeat the following affirmation silently:

"I am a vessel of love. Love flows through me effortlessly, nurturing and uplifting all beings. Love is my essence, and it radiates from every fiber of my being.

Allow this affirmation to resonate within you, strengthening your connection with love.

SILENCE

Now, slowly bring your awareness back to the present moment. Take a deep breath, and as you exhale, open your eyes.

Remember, love is always within you, waiting to be expressed and shared.

Carry this feeling of love with you throughout your day, spreading its warmth and kindness to everyone you meet.

You are loved.

CLOSING PROMPT

What love are you ready to give from a place of fullness?



PEACE BEGINS HERE: RADIATING CALM FROM SELF TO THE WORLD

GUIDED MEDITATION

Find a comfortable seated position, close your eyes, and take a deep breath in, allowing your body to relax with each exhale.

Begin by bringing your awareness to your breath. Notice the gentle rise and fall of your chest as you breathe in and out. With each inhale, invite a sense of calmness to fill your being, and with each exhale, release any tension or negativity you may be holding onto.

As you continue to breathe deeply, visualize a warm, golden light glowing at the center of your chest. This light represents the love and compassion within you, waiting to be awakened and shared with the world. Feel this light expanding with each breath, radiating outwards to every corner of your body.

Now, bring to mind any fears or anger that you may be carrying within you. Allow yourself to acknowledge these emotions without judgment. Visualize them as dark clouds hovering over you, obscuring the light within.

With each breath, imagine these clouds dissipating, revealing the radiant light of your inner being. Feel a sense of peace and clarity wash over you as you let go of fear and anger, making space for calmness, oneness, and love to flourish within.

As you bask in this newfound sense of tranquility, envision yourself surrounded by a vast network of interconnected souls, each radiating their own inner light. Feel a deep sense of unity and interconnectedness with all living beings, knowing that we are all connected by the same universal energy.

Now, extend your awareness beyond yourself to encompass the entire world. Visualize the planet Earth suspended in space, bathed in the light of the sun. See the interconnected web of life that spans across continents and oceans, linking every living being in a delicate dance of harmony.



With each breath, send waves of love and compassion out into the world. Picture these waves rippling outwards, touching the hearts of every being on the planet. Imagine barriers dissolving, conflicts resolving, and wounds healing as the healing power of love spreads far and wide.

Know that by cultivating inner peace within yourself, you are contributing to the collective consciousness of humanity. Each moment of stillness and presence you cultivate strengthens the foundation of global harmony, paving the way for a world where peace reigns supreme.

SILENCE

Take a few more deep breaths, allowing yourself to fully embody the peace and love that reside within you. When you are ready, gently open your eyes and carry this sense of inner peace with you as you move through the rest of your day. Remember, the journey to world peace starts within, and together, we can create a more peaceful and harmonious world for all.

CLOSING PROMPT

What's one way you can become a source of peace for yourself or others today?



THE SACRED ACHE:

HOLDING GRIEF WITH GRACE AND PRESENCE

GUIDED MEDITATION

Close your eyes gently and take a deep breath in, allowing your chest to expand fully.

Exhale slowly, releasing any tension or tightness you may be feeling.

Imagine yourself surrounded by a soft, gentle light, a warm and comforting glow that wraps around you like a blanket. Feel its soothing presence, knowing that you are safe and supported in this moment.

Now, bring to mind the source of your grief. It may be a recent loss or something from the past that still weighs on your heart. Allow yourself to acknowledge these feelings without judgment or resistance. Let them exist in this space, knowing that it's okay to feel whatever you're feeling.

As you continue to breathe deeply, visualize your grief as a heavy stone resting in your chest. With each exhale, imagine this stone becoming lighter, gradually easing the burden it represents. Feel the weight lifting as you breathe in calmness and exhale sorrow.

Notice how your body responds to each breath. Are there areas of tension or discomfort? Send your breath to these places, offering them gentle release and relaxation. Feel your muscles soften and your mind quieten with each breath cycle.

Now, shift your focus to the concept of impermanence. Reflect on the natural ebb and flow of life, how everything in the universe moves in cycles of birth, growth, death, and rebirth. Allow yourself to connect with the larger rhythm of existence, where endings make space for new beginnings.

Imagine a garden within your heart, where memories of your loved one or the source of your grief bloom like flowers. Each memory is a vibrant blossom, unique and cherished. Spend a moment in this garden, honoring the beauty of these memories and the impact they've had on your life.

As you sit in this peaceful sanctuary of your heart, remember that grief is a natural response to loss, a testament to the depth of love and connection you have experienced. Allow yourself to grieve fully, knowing that grief integrates into you and becomes part of who you are but softens with time and self-compassion.

Take another deep breath in, drawing in strength and resilience. Exhale slowly, releasing any lingering sadness or pain. You are supported by the love and memories you hold dear.

SILENCE

In your own time, when you feel ready, gently bring your awareness back to the present moment. Wiggle your fingers and toes, allowing yourself to reconnect with your surroundings.

Know that you can return to this meditation whenever you need comfort and solace. You carry the light of healing within you, a beacon of hope amidst the shadows of grief. May you find peace in the gentle embrace of your own heart.

When you are ready, slowly open your eyes and take a moment to reorient yourself to the space around you. Know that it's okay to take as much time as you need to process your emotions and find peace within.

CLOSE PROMPT

If your grief could speak, what would it need you to know?



THE ROSE WITHIN:

DEEP HEART CHAKRA HEALING TO AWAKEN LOVE & RELEASE PAIN



INTRODUCTION

The Heart Chakra is not necessarily ruled by love. The heart is our center and connects our more human focused chakras to our more esoteric chakras. The heart chakra energy gives us calm, joy, happiness, oneness, and trust. When we fully experience these feelings, we do think we are experiencing love. Certainly, our sense of compassion for ourselves and others has roots at the heart center. Our heart is connected to the brain through heart coherence, and it is through that connection where our first experience with intuition occurs. It is also what gives us a sense of oneness or realization that we are more than human but spirit having a human experience. Think of the heart and love in this way: Our sacral chakra gives us emotions and therefore the capacity to love and connect with others. Our third eye or soul is where pure love originates. The heart is where those 2 things connect.



GUIDED MEDITATION

Begin by finding a comfortable position, either lying down or seated, allowing your body to relax fully. Gently close your eyes and take a deep breath in through your nose, slowly exhaling through your mouth. Feel the air as it enters your body, filling your lungs, and as it leaves, releasing any tension or stress. Allow yourself to arrive in this moment, feeling present and open.

Now, bring your attention to the center of your chest, the heart chakra—your energetic center of love, compassion, and emotional balance. As you continue to breathe deeply, imagine a soft, gentle light beginning to glow here, right at the center of your heart. This light is warm, inviting, and vibrant, perhaps a soft green hue—the color associated with the heart chakra.

As this light begins to expand, feel it gently filling your chest with warmth and ease. Notice any sensations that arise. You may feel a subtle tingling or a gentle sense of release as the healing energy starts to work its way through any blockages or emotional tension you may be holding. Allow this light to radiate outward, growing stronger with each breath, filling your chest, your body, and your entire being.

Allow the vibrations of the singing bowls to resonate deeply within you. Each sound carries healing energy, designed to harmonize and cleanse your heart chakra. Listen to the tones and notice how they feel within your body. Some notes may feel soothing, while others may bring up emotions or memories. Whatever arises, simply observe it without judgment. Trust that these sounds are working on a deep level, gently dissolving any emotional blocks or past traumas that no longer serve you.

As the vibrations wash over you, envision the light in your heart growing even stronger, expanding beyond your body. It radiates outward like the rays of the sun, warm and compassionate, filling the space around you. With each tone of the singing bowls, feel the light moving through any areas of heaviness, helping you to release pain, fear, or sadness. Allow yourself to soften into this experience of healing and renewal.



Now, take a few moments to breathe deeply and focus on the sensations in your heart. How does it feel to open yourself to this energy? Notice the sense of peace, clarity, or lightness that begins to settle in. This is your heart, fully open, fully aligned with love and compassion. You are releasing old wounds and embracing a new, harmonious flow of energy, one that nourishes your soul and fosters a deeper connection with yourself and others.

As the sound bath continues, imagine that each note is a loving embrace, wrapping you in a cocoon of peace and healing. You are safe, you are held, and you are healing. The energy within your heart is flowing freely now, radiating love, kindness, and compassion. This energy connects you to the world around you, to the people in your life, and to the universal flow of love that surrounds us all.

SILENCE

As the sound bath begins to fade, take a moment to sit with this newfound sense of openness and peace. Know that this healing energy is always within you, always available whenever you need it. Slowly, begin to bring your awareness back to your breath, back to the room around you. Wiggle your fingers and toes, and when you're ready, gently open your eyes.

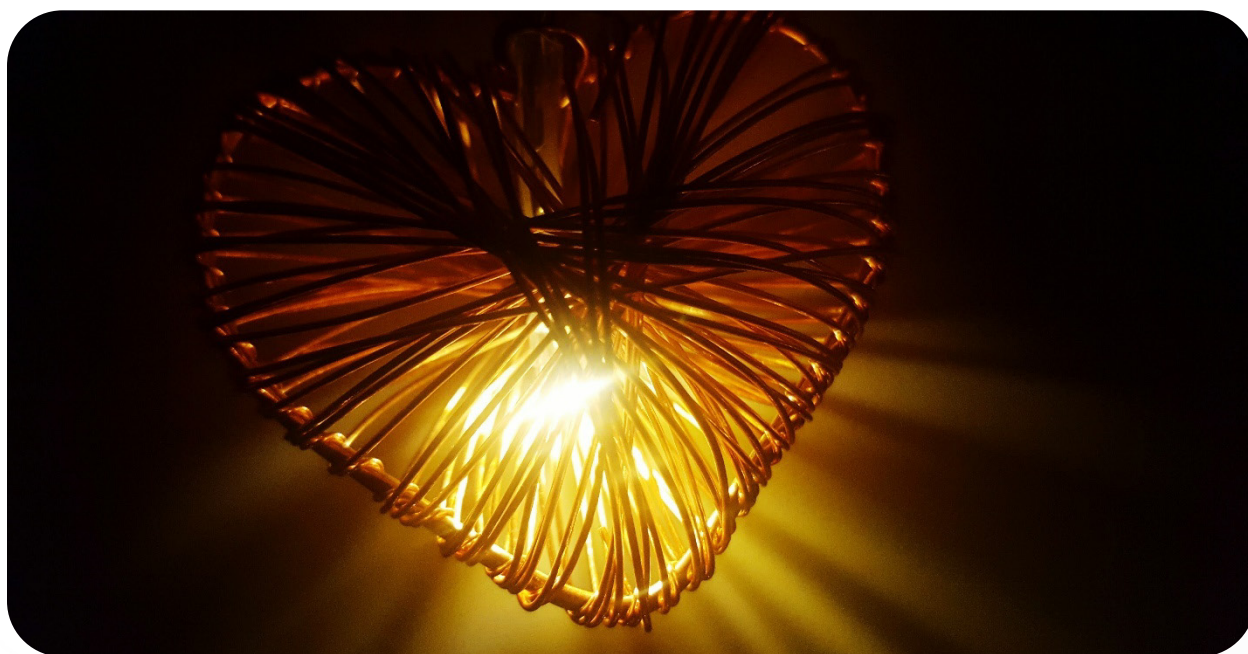
Take this feeling of harmony and compassion with you as you move through the rest of your day, knowing that your heart is open, balanced, and connected.

CLOSING PROMPT

Where can you let love flow more freely—without needing a reason?



THE LIGHT THAT LOVES THROUGH YOU: A MEDITATION ON INFINITE LOVE



INTRODUCTION

Lynn McTaggart has written, taught, and studied the Power of Intention. She has written several books on the subject which details intention experiments she has now conducted for almost 2 decades. These intentions have been on huge scales like reducing war deaths and small scale with individuals manifesting an array of significant transformation. One of the things that she has documented in all her studies is that when hearts unite in purpose to serve others, even though they may have joined to help themselves, they not only felt more love, but they also felt a greater connection to others, and amazing changes started happening in their lives. In other words, if you want to feel more love, if you want to feel connected to others, if you want to feel good about mankind, extend your love to others.

Your love is not a finite commodity, it is infinite. The more you give the more you have. And the more you give; the more positive things happen in your life. Tonight, we are going to increase our love and give it to others. It has no conditions, no boundaries because it comes from the source of your divinity.



GUIDED MEDITATION

I'd like for you to now find a comfortable position.

Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply. Notice how you hear more than one tone. Notice the vibration.

Take in the sound. Notice where the sound travels as you listen to it. Where is it going in your body? Take in the sound. Notice what thoughts you are having as you listen to it.

As you continue to breathe deeply and rhythmically, imagine a warm, golden light surrounding you. This light is the essence of love, pure and unconditional, flowing from the depths of your being. Feel its gentle warmth enveloping you, soothing every part of your body and calming your mind.

Now, visualize this radiant light expanding outward from your heart center, like ripples spreading across a tranquil pond. With each breath you take, feel the love within you growing stronger and more expansive, filling every corner of your being.

As you bask in this ocean of love, imagine yourself surrounded by all the people and beings you care about. See their faces bathed in the same golden light, their hearts connected to yours in a web of love and compassion.

With each inhale, draw in more of this divine love from the universe, allowing it to fill you to the brim. And with each exhale, send this love out into the world, like a beacon of light shining brightly for all to see.

Visualize this love radiating out from you in all directions, touching the hearts of everyone it encounters. See it spreading across the globe, transcending boundaries and barriers, uniting all beings in a shared experience of love and connection.

As you continue to breathe and radiate love, notice how your own heart begins to swell with joy and gratitude. Feel the love you give returning to you a thousandfold, filling you with a deep sense of peace and contentment.



Know that by sharing your love with the world, you are not only bringing happiness to others but also nourishing your own soul. For love is not a finite resource but an infinite wellspring that flows endlessly from the universe.

Take a few moments now to simply bask in the glow of this love, allowing it to wash over you and renew your spirit.

SILENCE

When you feel ready, gently bring your awareness back to your physical surroundings. Wiggle your fingers and toes, take a few more deep breaths, and when you're ready, slowly open your eyes.

Carry this feeling of love and connection with you throughout your day, knowing that you have the power to make the world a brighter, more loving place with every breath you take.

CLOSING PROMPT

Where can you let love flow more freely—without needing a reason?



RETURN TO YOU:

A GUIDED INNER JOURNEY FOR DEEP CLARITY & CALM

GUIDED MEDITATION

Close your eyes and let your breath guide you into stillness. Take a deep, slow breath in through your nose, filling your lungs completely. Feel the fullness of life within you, and as you exhale, imagine letting go of tension, worries, and any weight you've been carrying.

With each breath, you sink deeper into relaxation, your body softening, your mind quieting.

Now, picture yourself standing at the entrance of a lush, vibrant forest. You feel the ground firm beneath your feet, the air cool and fresh against your skin. Sunlight filters through the canopy of trees above, casting soft beams of golden light. With your next breath, take your first step into the forest, feeling its quiet magic calling you deeper.

As you walk, notice the details all around you—the soft hum of birdsong, the gentle rustling of leaves as the wind dances among them. Each step brings you further from the noise of the outside world and closer to the stillness within. Feel the path beneath your feet, soft with moss and earth, grounding you with each movement.

The path begins to wind, guiding you through groves of ancient trees. Their trunks stand tall and steady, their roots deep in the earth, reminding you of your own strength and foundation. As you pass, feel their calm, steady energy flow into you, strengthening your sense of connection to the present moment.

Soon, the trees open into a small clearing, where sunlight warms your skin and a gentle stream flows nearby. You hear its soft, rhythmic murmur—like a song that speaks to your heart. Walk to the edge of the water and kneel to touch its cool surface. The stream represents the flow of life, ever moving, ever changing.



Now, imagine yourself stepping into the stream, feeling its clear, gentle current against your body. With each step into the water, imagine letting go of anything that no longer serves you. Old fears, doubts, or burdens dissolve into the stream and are carried away, leaving you lighter and freer with every passing moment.

As you wade deeper, the water transforms into a radiant pool of shimmering light. Close your eyes for a moment and feel this light surrounding you, embracing you with warmth and peace. When you open your eyes, you find yourself in a sacred space—your own inner sanctuary.

Look around and explore this space. What do you see? What symbols, objects, or visions greet you here? This place holds the wisdom of your heart and the truths of your soul. Take your time, noticing every sensation, every message that arises. Let this experience fill you with clarity, guidance, and peace.

SILENCE

When you feel ready, begin to make your way back. The path through the forest awaits you, familiar now. Walk with a renewed sense of lightness, strength, and connection. Step by step, you return, feeling grounded and whole.

As you approach the edge of the forest, take a final deep breath in, anchoring the peace of this inner journey within you. Slowly exhale, bring your awareness back to the present, and gently open your eyes, refreshed and renewed.

CLOSING PROMPT

What part of yourself did you come home to today?



FROM WHISPER TO FORM: TURNING INTENTION INTO LIVED REALITY



INTRODUCTION

Manifesting an intention requires:

- » Focus
- » Feelings/energy
- » Clarity

FOCUS

You need to focus on your intention for an undivided but short amount of time. 10 minutes is adequate.



FEELINGS/ENERGY

You must have a heartfelt feeling about your intention. If you need an exercise or something to help you “drop into your heart” then use it prior to your focus period. Also, you may want to visualize your intention in its completion state. What would it feel like? What would your senses experience? Also, if you can recruit other people to focus on your intention with you during your focus time, the additional energy adds to your own as well as your heartfelt experience.

CLARITY

Most people lack clarity and specificity when it comes to their intention. They are too broad and general. The more detail you can have without complicating an intention statement, the better your result. It's better to write out your intention to help you craft an intention that has all the elements in it to ensure the best outcome.

To ensure clarity ask and answer these questions:

What do you want?

- » What is the end result you are looking for?
- » What are 3 descriptors?

When do you want it to happen?

- » By a certain point?
- » Immediately?



GUIDED MEDITATION

Begin by finding a quiet, comfortable place to sit or lie down. Close your eyes and take a deep breath in, then slowly exhale. Let go of any tension in your body, allowing yourself to fully relax into the present moment.

Bring your awareness to your breath. Inhale slowly through your nose, feeling the air fill your lungs, and exhale through your mouth, releasing any stress. Let each breath bring you more deeply into stillness.

Now, gently bring to mind the intention you wish to set. Allow it to rise up naturally in your awareness. Picture it clearly. You don't need to force it—just let the image or idea of this intention appear and sit with it for a few moments. Focus on this intention, seeing it as the central point of your mind's eye. For now, let everything else fall away.

As you hold your intention in your mind, shift your awareness to your heart. Imagine your heart opening, softening, as you begin to feel into the energy of your intention.

Now, rather than just thinking about your intention, ask yourself: *How does it feel to bring this intention to life?* Imagine it already being real. What emotions does it evoke within you? Perhaps there's a feeling of joy, peace, or excitement. Whatever emotions arise, allow them to expand and fill your entire body.

As you focus on these feelings, start to notice the details of your intention. Let your heart guide you in bringing clarity to what you desire. How would your life change if this intention was fully realized? What would it look like? What would it feel like to wake up in a world where this intention had come to pass?

Picture yourself experiencing it now, in this very moment. Imagine the sights, sounds, and sensations. Let the emotions deepen as you step into this vision.

(Pause to allow space for heartfelt clarity to emerge)

With each breath, let your intention become clearer in your heart and mind. It's not just an idea, but a felt experience. Trust in the details that come to you—trust that your heart knows exactly what it desires.

Allow these feelings to fuel your intention, merging your clarity with the emotional energy you are building. Feel the alignment between your heart's desires and the mental clarity of your vision. This powerful combination is what brings your intention to life.

Take a moment now to affirm your intention. Silently, in your mind, say: *I am open to receiving this intention with love. I trust in its realization.*

As you say these words, feel your heart radiating the energy of your intention out into the universe. Imagine this energy expanding beyond you, gently released into the flow of life, knowing that it will return to you in its perfect form.

(Pause for a few moments)

SILENCE

Take one more deep breath in, and with your exhale, release any lingering tension or doubt. Know that your intention is now set, filled with both clarity and heartfelt energy.

Begin to slowly bring your awareness back to the room around you.

CLOSING PROMPT

What desire wants to be spoken out loud and brought into form?



DIVINE TIMING:

A GUIDED JOURNEY INTO SACRED PATIENCE



INTRODUCTION

Patience is multifaceted in nature; its significance is beyond mere waiting. Patience is the ability to endure without becoming agitated and you maintain self-control and mindfulness toward a specific outcome. Patience involves considering the bigger picture, resisting instant gratification, and making decisions with long-term benefits in mind.

Patience is important various aspects of life, such as relationships, mental health, and goal achievement. When you practice patience it can lead to reduced stress, improved well-being, and better emotional regulation.

BENEFITS OF PATIENCE

The benefits of being patient touch many areas of our lives. Whether you're going to the grocery store or work, you can experience the perks that accompany patience.

Here are eight benefits of patience to consider:

1. You can better [focus on your long-term goals and dreams](#)
2. You can make more rational, realistic decisions
3. You develop persistence and [resilience](#)
4. You have a better time [learning new skills](#)
5. It allows you to [be a better listener](#)
6. You make others feel comfortable
7. You practice kindness and encourage others to do so too

YOU LEARN HOW TO LIVE A PEACEFUL LIFE, NOT A STRESSFUL ONE

There is a link between patience and flexibility, noting how adaptability complements patience in navigating unexpected challenges. You need to be patient in achieving goals, acknowledging that success often requires perseverance and resilience in the face of setbacks.

Patience as a valuable virtue that contributes to personal growth, stronger relationships, and overall fulfillment in life. It is a misperception that you either have patience or you don't. You can develop patience, by doing such things as practicing mindfulness and gratitude practices.



GUIDED MEDITATION

Find yourself a comfortable position, whether seated or lying down.

Close your eyes gently, allowing the outside world to fade away as you turn your focus inward. Take a deep breath in through your nose, feeling the cool air fill your lungs, and exhale slowly through your mouth, releasing any tension or stress you may be holding onto. Let each breath bring you deeper into a state of relaxation.

As you continue to breathe deeply and rhythmically, bring your awareness to the concept of time. Notice how often in our lives, we rush from one moment to the next, always striving for what comes next, rarely pausing to appreciate the present moment. But in this meditation, we will explore the transformative power of patience.

Imagine yourself standing at the edge of a vast, tranquil lake. The surface of the water is still, reflecting the soft hues of the sky above. With each breath, feel yourself becoming more attuned to the peaceful rhythm of nature surrounding you. There is no need to rush here, no need to hurry on to the next moment.

As you gaze out across the lake, allow yourself to become aware of any impatience or restlessness that may be present within you. Notice where these feelings manifest in your body – perhaps as tension in your shoulders, or a tightness in your chest. Acknowledge these sensations without judgment, simply allowing them to be.

Now, imagine a single leaf falling gently from a nearby tree, drifting lazily on the breeze before coming to rest upon the surface of the water. Watch as it floats effortlessly, carried by the currents beneath the surface. Notice how it moves with the ebb and flow of the water, without resistance or haste.

In this moment, allow yourself to embody the essence of the leaf – light, buoyant, and surrendered to the natural flow of life. Release any attachment to the passage of time, and instead, surrender to the present moment with an open heart and a sense of trust in the unfolding of life.

With each breath, feel yourself sinking deeper into a state of profound patience and acceptance. Know that everything is unfolding exactly as it should, in its own time and in its own way. There is no need to force or control anything – simply trust in the inherent wisdom of the universe.

As you continue to breathe deeply, allow yourself to marinate in this state of patience for a few moments longer. Feel the gentle rhythm of your breath anchoring you to the present moment, like a steady anchor amidst the ever-changing currents of life.

SILENCE

When you feel ready, slowly begin to bring your awareness back to your physical surroundings. Wiggle your fingers and toes, gently stretching your body as you reawaken to the present moment. Know that you can return to this place of patience and serenity whenever you need, simply by closing your eyes and reconnecting with your breath.

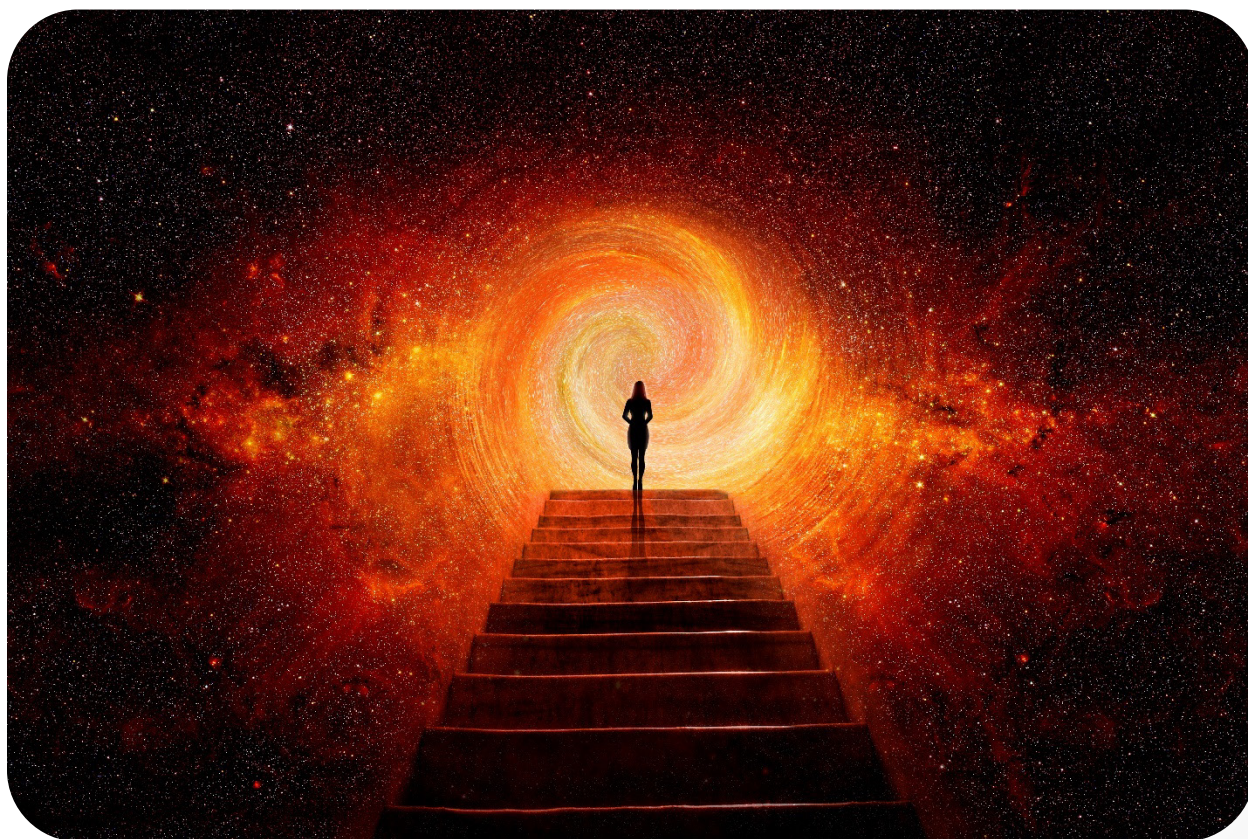
CLOSING PROMPT

Where in your life are you being asked to trust the unfolding?



THE RETURN:

A GUIDED JOURNEY INTO THE SOUL'S HOME



INTRODUCTION

Intuition is perhaps one of the most important aspects of us we can develop. It's our inner guidance system and never leads us wrong. It taps into universal intelligence continuously and isn't encumbered by the baggage the ego brings along. That's what makes it so perfect.

The issue we have with intuition is first hearing it, then trusting it and then overcoming our own programs to follow its guidance. Which means we do have a few obstacles to pass through before we can engage with it as a life tool.

How many times do we hear "I knew better" as a reflection that a person's own intuition gave them the right direction but for any number of reasons, that guidance was ignored for other choices with poorer outcomes. It always works that way.



We must use those moments to learn from so the next time, we stand firm with what our intuition is telling us.

Because of our conditioning, following our intuition may not be comfortable so it may cause you to learn new skills. Think of using your intuition like this: First, to hear or feel it. Second, to trust it. Third, to push through any barriers like people pleasing, fear of judgment, or even others' expectations to stand true to what you know is right for you. Just know that sometimes what your intuition is guiding you to do isn't necessarily easy, but it is right. It will always pass this series of tests: 1- Is it in your best interest? 2- Does it promote a sense of positive purpose and move you forward in your life? 3- Does this get you more of what you need and deserve?

Also, recognizing our intuition can be different in each of us. For most of us, it's a feeling, an internal knowing, sometimes it can be messages that are short and even cryptic, and for other people visions or symbols that requires your own interpretation.

GUIDED MEDITATION

Please take a comfortable position.

Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply.

Feel the sound as it moves into your body, wrapping around you like a warm cocoon. It touched your skin and its tingling and now it is moving into your muscles and rolling like the waves of an ocean. Feel it massaging you, loving you, making you feel safe.

Feel your energy aligning with the energy of your inner guide. With every breath, sense a harmonious resonance between you and your intuition. As you breathe in, imagine inhaling a soft, glowing light that represents the wisdom of your intuition. As you exhale, release any doubts, fears, or uncertainties.

As you continue to breathe, imagine yourself surrounded by a warm, radiant light. This light is a symbol of your intuition, your inner knowing, and the profound wisdom that resides within you. With each breath, allow this light to expand, wrapping you in its comforting embrace.



Now, bring your attention to your heart center, the space within your chest where your intuition resides. Imagine a gentle, luminous glow growing brighter with every beat of your heart. This light represents your intuitive insights, always present and ready to guide you.

As you focus on your heart center, think of a time when you followed your intuition and it led you to a positive outcome. Relive that moment and embrace the emotions that come with it – the sense of clarity, calmness, and alignment. Allow these feelings to expand, enveloping your entire being.

In this state of heightened awareness, imagine a pool of water at the center of your heart. This pool represents the source of your intuition. With each question or concern you have, visualize a pebble dropping gently into the water, creating ripples that spread outward. Watch as the ripples carry answers and insights from the depths of your intuition to the surface of your awareness.

As you receive these intuitive messages, remember that they might not always come as loud or clear as you expect. They may be subtle whispers, fleeting images, or quiet nudges. Trust in their presence and allow them to unfold naturally, without judgment or doubt.

In this serene moment, know that you are deeply connected to your intuition. Just like the natural world around you, your inner knowing flows effortlessly, guiding you toward the path that aligns with your highest good. Trust that your intuition will always steer you in the right direction.

SILENCE

When you are ready allow your awareness to come back and expand. Thank your soul for being here at this time and for providing you with wisdom and intuition. Be at peace and trust.

Please open your eyes and come back to our session.

CLOSING PROMPT

What part of your soul feels closer now than it did before?



THE HEART BETWEEN US:

A MEDITATION ON LOVE, FRIENDSHIP & SOUL BONDS

GUIDED MEDITATION

Begin by finding a comfortable position. You may choose to sit with your spine tall and relaxed, or you can lie down, allowing your body to fully surrender to the surface beneath you. Close your eyes gently, and take a slow, deep breath in through your nose... hold for a moment... and then exhale softly through your mouth. Feel your body begin to relax.

With each inhale, draw in a sense of peace... and with each exhale, release any tension or heaviness you may be carrying. Let your shoulders drop, your jaw softens, and your hands rest comfortably.

Now, bring your awareness to your heart center—the space in the middle of your chest. Imagine a warm, gentle light beginning to glow here. It is soft yet radiant, pulsing with warmth and comfort. This light represents the love you give and receive, the love that connects you with the special people in your life.

With each breath, allow this light to expand. Feel it filling your chest, then flowing outward through your arms and hands, down into your belly, and spreading through your entire body. You are surrounded by this loving energy, embraced in its warmth.

Now, bring to mind a dear friend, someone who has touched your life in a meaningful way. See their face clearly in your mind's eye. Recall a moment when you shared laughter, kindness, or support. Perhaps a time when they lifted you up, or when you did the same for them. Notice how your heart feels as you hold this memory.

Imagine that you and your friend are sitting together in a beautiful, peaceful garden. The air is fresh, carrying the soft scent of flowers. The sun casts a warm golden glow over everything, filtering through the leaves above. Birds sing gently in the background. There is a small pond nearby, its surface smooth and reflective, mirroring the sky and trees.



As you sit together, notice the deep sense of ease and connection between you. There is no need for words—just presence. The love between friends is not only in what is spoken but in the silent understanding, the shared experiences, the feeling of being truly seen and accepted.

Now, imagine that the light in your heart expands even further, reaching toward your friend. As it flows between you, it carries gratitude, appreciation, and love. Watch as your friend receives this light, their heart glowing in return, sending warmth back toward you.

Breathe deeply, taking in this exchange of love and connection. Feel how this bond extends beyond time and space, beyond physical presence. Even when you are apart, the energy of friendship and love remains, always present, always supporting.

Now, allow your mind to expand beyond just one friend. Envision a circle of people who have brought love and connection into your life—friends, family, even kind souls you have met along the way. See how the light in your heart extends outward, touching each of them, forming a web of warmth and kindness.

Each person in this circle has played a role in your journey. Some have been there for years, while others may have appeared briefly but left a lasting impact. With each breath, silently thank them for the moments of joy, the lessons, the companionship they have given.

And now, for a moment, simply rest in this space. Feel the gentle love surrounding you, holding you. You are never truly alone. Love exists within you, around you, and through the connections you cherish.

Take a deep breath in... and as you exhale, feel a profound sense of peace and gratitude settle within you.

SILENCE

Slowly, bring your awareness back to your body. Notice the sensation of where you are sitting or lying down. Gently wiggle your fingers and toes. If it feels right, bring your hands to your heart, acknowledging the love that resides within you.

When you're ready, slowly open your eyes, carrying this feeling of warmth, connection, and appreciation with you into the rest of your day.

The love of friendship is a gift that continues to grow with every moment of kindness, understanding, and presence. Nurture it, cherish it, and know that you are deeply connected.

CLOSING PROMPT

Who holds space for your heart—and how can you return that gift?



LIGHT MAKER:

A RITUAL TO CULTIVATE POSITIVE ENERGY WITHIN & AROUND YOU



INTRODUCTION

We are energetic beings. We create energy, expend energy, emit energy, and pick up energy from others. This energy is part of how we communicate. It is also an integral part of our health yet often overlooked until its depleted. Once it is, we're keenly aware of the lack of energy and eagerly take measures to restore it.

However, we aren't always good stewards of our energy because culturally we our energy system isn't given any attention or discussion. Yet our energy system, as delicate as it is, can influence not only our health, but it can also influence our daily life. And we can influence it.



We influence our energy system by our thoughts, emotions, people we expose ourselves to, foods we eat, chemicals we meet, and our environment including what we hear. That means it's important to discern and scrutinize each one of these things for their impact on us.

Our goal for our energy field should be to keep it positive and as high vibration as possible. This will positively affect your health, your life outlook, and spread to others.

GUIDED MEDITATION

I'd like for you to now find a comfortable position.

Allow your eyes to close and take a deep breath through your nose and exhale it through your mouth. As you continue to breathe in this way, allow your breath to relax your body. Be aware of the sounds of the bowls. Listen to them deeply. Notice how you hear more than one tone. Notice the vibration.

Take in the sound. Notice where the sound travels as you listen to it. Where is it going in your body? Take in the sound. Notice what thoughts you are having as you listen to it.

Take a moment to appreciate this time you've set aside for yourself, a time to nurture your inner self and cultivate positive energy from within.

Using the sound and your breath, release any stress or negativity you may be holding onto. Inhale deeply again, and exhale fully, feeling yourself becoming more centered and calmer with each breath.

Visualize yourself surrounded by a warm, radiant light. This light reflects your own inner positivity and vitality. Imagine it as a gentle, golden glow that softly envelops you, creating a protective and nurturing space.

As you continue to breathe deeply, imagine this radiant light expanding with each inhale, filling your entire body with its soothing warmth. With each exhale, feel the light extending beyond your physical form, reaching out into the space around you. This light is a manifestation of your positive energy, and as it expands, it touches everything it comes into contact with, infusing it with a sense of peace and positivity.



Now, bring your attention to your heart center, the area in the middle of your chest. Visualize your heart as a brilliant, radiant source of light, pulsating with love and compassion. Feel this light growing stronger with each heartbeat, radiating waves of positivity outward.

As you focus on your heart center, recall a moment of deep joy or gratitude from your life. It could be a beautiful sunrise, a loving gesture, or a simple act of kindness. Allow that memory to fill your heart with warmth and positivity and let that feeling expand throughout your entire being.

Imagine that the positive energy from your heart begins to flow outward, like ripples on a pond. With each ripple, your surroundings are bathed in a gentle, uplifting light. Picture the people, places, and situations in your life being touched by this energy, bringing about a sense of harmony and well-being.

As you continue to breathe, visualize yourself standing at the edge of a calm, tranquil lake. The surface of the water is like a mirror, reflecting the beauty of your inner positive energy. As you gaze at your reflection, notice how it radiates with a sense of peace, joy, and vitality.

Now, take a moment to set an intention for the positive energy you wish to create and share with the world. It could be a desire to spread kindness, to inspire creativity, or to foster connections. Visualize this intention as a gentle breeze that carries your positive energy to all corners of the Earth, touching the lives of countless individuals.

SILENCE

Take a few moments to express gratitude for the positive energy you've cultivated within yourself. Know that you have the power to create and radiate positivity in all that you do. When you're ready, slowly bring your awareness back to your surroundings, gently opening your eyes.

Carry the sense of positive energy with you throughout your day, knowing that you can make a difference in the world simply by being your authentic, positive self. Remember, you are a beacon of light, and your positive energy can inspire and uplift those around you.

CLOSING PROMPT

What are you radiating into the world today, intentionally or unconsciously?



I AM THIS:

A RITUAL FOR RADICAL SELF-ACCEPTANCE & EMBODIED WORTH



INTRODUCTION

Self-acceptance is a form of self-love. It is the ability to accept your attributes both the negative and positive fully and in a balanced way. It is about your ability to recognize what makes you unique, to celebrate life's accomplishments and to work with your strength's & weaknesses. Self-acceptance means you speak with kindness, compassion, and support as equally as you would someone else you love. You acknowledge failures without viewing them as a statement that you are a failure.

Self-acceptance is important to your mental health as it can cause depression and a poor life outlook or goals for future endeavors.



GUIDED MEDITATION

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Take in the sound. Notice where the sound travels as you listen to it. Where is it going in your body? Take in the sound. Notice what thoughts you are having as you listen to it.

Now, bring your awareness to your body. Notice the sensations within you, the gentle rise and fall of your chest with each breath, the weight of your body against the surface beneath you. Feel the support that the Earth provides, holding you in this moment without judgment or expectation.

As you continue to breathe, allow your mind to wander to thoughts of self-acceptance. Simply observe the idea of accepting yourself as you are, without the need for change or improvement.

Picture a warm, golden light surrounding you, enveloping you in a cocoon of unconditional love and acceptance.

With each breath, feel this light penetrating every cell of your being, soothing any areas of tension or resistance. Notice any thoughts or feelings that arise, without judgment or attachment. Allow them to come and go like clouds passing across the sky, knowing that you are safe and supported in this space of acceptance.

Now, imagine yourself as a young child, innocent and pure, full of curiosity and wonder. See the sparkle in your eyes, the joy in your smile, and the love in your heart. Embrace this child version of yourself with compassion and tenderness, acknowledging the journey that has brought you to this moment.

As you hold this image in your mind, allow yourself to feel a deep sense of love and acceptance for the person you are today. Embrace all your flaws and imperfections, knowing that they are a natural part of the human experience.



You are not defined by your mistakes or shortcomings but by the infinite potential that lies within you.

Take a moment to reflect on the qualities that make you unique, the things that bring you joy and fulfillment. Celebrate your strengths and talents, no matter how big or small they may seem. You are a masterpiece, a work of art in progress, constantly evolving and growing with each passing moment.

Now, bring your awareness back to your breath, feeling the gentle rhythm of inhalation and exhalation. With each breath, reaffirm your commitment your ongoing choice of self-acceptance, knowing that it is a lifelong practice that requires patience, compassion, and understanding.

SILENCE

When you are ready, slowly begin to wiggle your fingers and toes, bringing movement back into your body. Take one final deep breath, filling your lungs with gratitude for this moment of peace and reflection. And when you are ready, gently open your eyes, returning to the world around you with a newfound sense of acceptance and self-love.

CLOSING PROMPT

What truth about yourself are you ready to claim without apology?



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Hi! I'm Dorothy Tannahill-Moran, a twice certified Sound Therapist and founder of Aurras an Online Sound Healing business. At this point in my career as a Sound Healer, I remain mesmerized by the power that sound, frequency, and vibration can do to transform people. It's always magical to witness the ability to reduce or take away pain, peel away layers of emotional damage, connect people spiritually, zonk people out and put them to sleep in minutes, and calm down the most restless souls. I've also seen numerous physical changes and moments of pure joy – all through targeted sound baths.

