

THE EQUINOX WITHIN

GUIDED MEDITATIONS FOR BALANCE,
WHOLENESS & ENERGY ALIGNMENT



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WELCOME

Sacred Center. Lunar Harmony. Radiance Without The Burnout.

Beloved seeker,

This is your invitation to realign. To return to center—not as a performance of balance, but as a practice of *being whole*.

The Equinox Within is a collection of guided meditations written to help you harmonize the many layers of your inner world. Here, we explore the sacred dance between doing and being, light and shadow, rise and rest.

These meditations offer more than calm—they offer energetic recalibration. They're designed to help you:

- » Reconnect with your body's wisdom
- » Clear energetic stagnation
- » Create harmony between your emotional, mental, and spiritual selves

Some of the journeys reference energy centers (chakras), seasonal shifts, or sound resonance. Feel free to adapt those elements to suit your context—what matters most is the *frequency* you bring.

Each meditation includes space to pause—intentional moments where silence becomes the bridge. Because real balance doesn't live in words—it lives in what you feel when the words *fall away*.

Use this book when you feel scattered. Use it when you feel full. Use it anytime your soul longs to return to its rhythm.

You are not here to force balance.

You are here to remember it was always yours.

In grace and attunement,

Dorothy

Certified Sound Therapist, Aurras



THE SOFT MEND: HEALING THE ACHE OF A BROKEN HEART



INTRODUCTION

Healing from a broken heart is a deeply personal journey that touches on the profound emotions of loss, grief, and renewal. When we experience heartbreak, whether from the end of a relationship or another form of emotional separation, it can feel like the very fabric of our being is torn apart. In these moments of vulnerability, meditation offers a gentle path towards healing and recovery. Through guided introspection and mindfulness, individuals can navigate the complex terrain of their emotions, finding solace and strength in the present moment.

Meditation for broken heart recovery focuses on nurturing self-compassion and restoring inner balance. It invites practitioners to acknowledge their pain without judgment, fostering a space where healing can unfold at its own pace. By cultivating awareness of thoughts and sensations, meditation allows for a deeper understanding of one's emotional landscape, paving the way towards acceptance and eventual transformation. This practice empowers individuals to reconnect with their innate resilience and to embrace the possibility of new beginnings with clarity and grace.



GUIDED MEDITATION

Begin by taking a few deep breaths, inhaling deeply through your nose and exhaling slowly through your mouth. With each breath, allow yourself to release any tension or tightness you may be holding onto. Feel the weight of your body sinking into the support beneath you, grounding you in this present moment.

Imagine yourself surrounded by a gentle, radiant light that wraps around you like a warm embrace. This light is filled with healing energy, comforting and nurturing you with every breath you take.

Now, bring your awareness to your heart center. Visualize your heart as a delicate flower, once vibrant and full of life, now in need of tender care and restoration. As you continue to breathe deeply, feel the warmth of compassion flowing from within, embracing any pain or sorrow that resides in your heart.

As the sound bath begins, notice the gentle tones and vibrations washing over you, like soft waves of sound penetrating every cell of your being. Each sound carries a message of healing and transformation, resonating with the emotions stored within your heart.

Allow yourself to fully experience any emotions that arise. If sadness emerges, let it be. If anger surfaces, acknowledge it without judgment. Trust that these emotions are part of your healing journey, and by allowing them to surface, you create space for healing and release.

With each sound, feel the emotional blockages within your heart begin to dissolve. Sense the heaviness lifting, making room for lightness and peace to enter. You are safe here, embraced by the nurturing vibrations that support you unconditionally.

Now, focus on self-compassion. Visualize yourself surrounded by loving kindness, extending it towards yourself as you would to a dear friend in need. Offer words of comfort and reassurance to your inner self, affirming your strength and resilience.

As the sound bath continues, feel your inner strength rebuilding, like a phoenix rising from the ashes. Sense the power within you, resilient and unyielding. You are capable of healing, of overcoming, and of embracing life's challenges with grace and courage.

In this sanctuary of peace and comfort, affirm your intention to let go of sadness and embrace joy once more. Visualize your heart expanding with love and gratitude for the lessons learned, knowing that every experience has shaped you into the resilient being you are today.

Take a moment to express gratitude for this healing experience and for the love and support that surround you, seen and unseen. Know that you can return to this space of healing and renewal whenever you need, carrying with you the strength and peace you have cultivated here.

SILENCE

When you are ready, gently bring your awareness back to the present moment. Wiggle your fingers and toes, slowly coming back to the space around you. Take a deep breath in, exhaling fully.

Open your eyes, feeling refreshed and renewed, carrying the peace of this healing experience with you as you continue your journey forward. Know that you are whole, you are loved, and you are resilient.

May this guided meditation bring you comfort and healing on your path to emotional renewal and inner peace.

CLOSING PROMPT:

What part of your heart feels just a little less heavy right now?



THE CLEARING:

A DETOX RITUAL FOR BODY, ENERGY & MIND



GUIDED MEDITATION

Welcome to this moment of stillness. As you settle into your space, allow the outside world to gently fade away. Find a comfortable position, whether you're lying down or sitting upright, ensuring your body feels fully supported. Close your eyes softly and begin to shift your awareness inward. Simply notice your breath—the gentle rise and fall of your chest, the steady rhythm of your inhale and exhale, the flow of life moving through you.

Take a deep breath in, and as you exhale, allow your body to release any tension it may be holding. Feel your shoulders drop, your jaw softens, and your limbs grow heavy. With each breath out, let go not only of physical tension but any emotional burdens that may be present. This is a moment for complete release—a time to cleanse and reset, both physically and emotionally.

As the sounds begin to surround you, allow yourself to feel supported by the vibrations. Imagine these sound waves as a flowing stream, washing over you, carrying away any heaviness. You don't need to force anything—simply allow the sound to guide the release. It will move at its own pace, helping you detox on every level.

Starting at the crown of your head, feel the vibrations begin to work through your body. The sound sweeps gently over your scalp, dissolving mental tension and thoughts that no longer serve you. Let the sound move into your forehead and face, softening any tightness. Notice how this release makes room for ease—not just in your muscles but in your mind.

As the sound travels down into your neck and shoulders, feel it loosening both physical tightness and emotional weight. Perhaps you've been carrying stress here, unspoken words, or unexpressed emotions. Let the vibrations act as a gentle massage, allowing the muscles to relax and the emotional energy to clear. With each breath, feel a growing lightness as the sound works through these layers.

Now, allow the vibrations to enter your chest. Feel them spreading across your heart and lungs. As the sound resonates here, it creates space for deeper breathing, opening your heart and clearing any emotional heaviness you may have been holding. You don't need to name the emotions—just notice the softening, the gentle release. Feel the expansion in your chest as each note soothes and detoxifies.



The sound moves lower now, into your abdomen. Picture it flowing through your internal organs, your stomach, your digestive system. This is a deep cleanse, flushing away any physical or emotional tension stored here. Trust your body's natural ability to release what no longer serves you. With each passing sound wave, feel a sense of renewal—emotionally and physically—moving through your core.

As the sound reaches your hips, thighs, and legs, imagine it soothing the larger muscles that carry you through life. These areas may hold both physical tightness and emotional exhaustion from daily pressures or demands. Let the sound loosen any knots, any tension, any feelings of being weighed down. As it flows down through your knees and into your feet, sense it is taking away any remaining stress or emotional heaviness.

Now, focus on how the sound is moving through your entire body—from the top of your head to the tips of your toes, cleansing and harmonizing both the physical and emotional layers. Let it ripple through your body and beyond, into the subtle energy fields that surround you. As it clears away old thoughts, feelings, and tensions, notice how much lighter you feel.

Bring your awareness back to your breath. Each inhale fills you with clarity and renewal, each exhale lets go of the emotional and physical clutter you no longer need. Feel a deep sense of balance in your body, mind, and heart. You've released, cleansed, and restored yourself.

SILENCE

As the sound bath gently comes to an end, take a moment to feel the spaciousness within. Notice the lightness in your body, the ease in your mind, and the openness in your heart.

When you're ready, begin to bring some gentle movement back into your body. Wiggle your fingers and toes, and perhaps stretch, allowing the sense of renewal to settle into your being. Take your time before opening your eyes and carry this sense of balance—both physical and emotional—into the rest of your day, knowing you are cleansed, light, and at peace.

CLOSING PROMPT:

What are you ready to release that no longer feels like yours to carry?



THE DREAM PATH: FOLLOWING THE SYMBOLS OF YOUR SOUL'S LONGING



INTRODUCTION

Dreams offer a window into our subconscious mind, revealing aspects of ourselves that might be overlooked or suppressed in our waking life. Here's what we can learn from our dreams:

1. **Emotional Processing:** Dreams often reflect our unresolved emotions. They can bring to light feelings of fear, anxiety, joy, or love that we might not fully acknowledge during the day. By analyzing these emotions, we can better understand what's affecting us and find ways to address them.



2. **Hidden Desires and Fears:** Our dreams can reveal hidden desires and fears that we may not be consciously aware of. These insights can help us understand what we truly want or what we need to confront in our lives.
3. **Creative Inspiration:** Dreams are a rich source of creativity and imagination. They often present ideas, solutions, and inspiration in a way that we might not have considered while awake. Many artists, writers, and inventors have found inspiration in their dreams.
4. **Problem-Solving:** Sometimes, dreams can help us work through problems we're facing. The brain continues to process information during sleep, and dreams can present creative solutions or new perspectives on issues that might be troubling us.
5. **Self-Reflection:** Dreams can serve as a mirror, reflecting our thoughts, behaviors, and attitudes. They can show us how we perceive ourselves and others, offering valuable insights into our self-image and relationships.
6. **Spiritual Insights:** For some, dreams can offer spiritual insights or messages, connecting us to a deeper sense of meaning or purpose. They may provide guidance, clarity, or a sense of connection to something greater than us.
7. **Healing:** Dreams can be a part of the healing process, especially after trauma or loss. They can help us process grief, work through difficult emotions, and come to terms with life changes.
8. **Understanding Patterns:** By keeping track of recurring dreams or themes, we can identify patterns in our thoughts and behaviors. This understanding can help us break negative cycles and make positive changes in our lives.
9. **Unresolved Issues:** Dreams can bring unresolved issues to the surface, prompting us to deal with them consciously. This could include past experiences, conflicts, or decisions that we need to revisit and address.
10. **Exploration of the Subconscious:** Dreams allow us to explore the depths of our subconscious mind. They can reveal aspects of ourselves that we might not be aware of, helping us grow and evolve as individuals.

By paying attention to our dreams and reflecting on their meaning, we can gain valuable insights into our inner world, leading to greater self-awareness and personal growth.



GUIDED MEDITATION

Welcome to this guided meditation, a journey into the serene realm of your subconscious, where imagination and inner wisdom reside. Today, we will embark on a tranquil experience, enhanced by the soothing vibrations of a sound bath, to explore the infinite possibilities within your dreams.

Close your eyes gently, and take a deep breath in through your nose, allowing your lungs to fill completely. Hold the breath for a moment, and then slowly exhale through your mouth, releasing any tension or stress. Repeat this breath a few more times, each time sinking deeper into relaxation.

Now, bring your awareness to the present moment. Notice the sounds around you, the gentle hum of life, and the stillness within. Allow these sounds to become a part of your experience, without judgment, just as they are.

As you settle into this state of calm, imagine the first notes of the sound bath beginning to fill the air around you. The sounds might be soft, like a gentle breeze, or deep and resonant, like the distant rumble of thunder. Feel the vibrations of the sounds as they wash over you, creating ripples of relaxation throughout your entire being.

These sounds are like the waves of an ocean, guiding you deeper into a state of tranquility. As they ebb and flow, they carry you gently away from the noise of the outside world and into the peaceful realm of your inner self.

With each wave of sound, allow yourself to drift further into the realm of your subconscious. This is the space where your dreams reside, where imagination knows no bounds, and where your deepest wisdom can be found.

Imagine yourself standing at the edge of a vast, still lake, the surface smooth like glass. This lake represents your subconscious mind. With each sound, a ripple forms on the water, creating patterns that dance and shift. As you watch these ripples, you realize that they are your thoughts, your dreams, and your inner visions, all coming to life in this serene space.

You are safe here, in this place of infinite possibility. Allow your mind to wander, free from any constraints. Perhaps you see images, symbols, or colors forming in the ripples, or maybe you simply feel a sense of peace and clarity. Whatever arises, let it flow naturally, without resistance.

Now, as the sound bath continues to resonate, invite your inner wisdom to come forward. This wisdom is always within you, a quiet voice that knows the answers you seek. Trust that whatever insights or messages you receive are exactly what you need in this moment.

Imagine these insights as stars appearing in the night sky above the lake. Each star represents a piece of knowledge, a fragment of truth that is uniquely yours. Take a moment to connect with these stars, feeling their light and warmth guiding you on your path.

SILENCE

As the sounds begin to fade, allow the images and sensations of your dreamscape to gently dissolve. Bring your awareness back to your breath, feeling the rise and fall of your chest. Slowly, begin to bring your attention back to your physical surroundings, feeling the support of the surface beneath you.

When you're ready, take a final deep breath in, and exhale slowly. Gently open your eyes, carrying with you the peace, clarity, and wisdom you've discovered in this meditation.

Remember, the realm of dreams and your inner wisdom is always within reach, whenever you need it.

CLOSING PROMPT:

What image, symbol, or message came through that might be a signpost?



ALL THINGS ARE ONE:

A GROUNDING MEDITATION FOR EARTH, HEART & UNIVERSE CONNECTION



INTRODUCTION

In the busy-ness of life and the vastness of the universe, it is easy to lose our place and sense of belonging and connection to this network of existence sometimes. Today's objective is to feel the connection between the earth, us, and our place in the universe – to our sense of possibility. Scientists say that the universe only exists through our observation of it. It is what we choose it to be.

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 calmly, imagine a vast and serene landscape stretching out before you. This is your inner world, a place where you are safe and at peace. Visualize a clear path leading you deeper into this tranquil place. Each step you take fills you with a sense of calm and presence.

Now, shift your focus to the Earth beneath your feet. Imagine the solid ground supporting you, grounding you. Feel the connection between your body and the Earth, a gentle, nurturing energy that flows through you. As you take each step, imagine roots growing from your feet, anchoring you to the Earth, providing stability and strength.

As you walk along this path, you come across a gentle stream. The water flows smoothly and gracefully, reflecting the serene beauty of your inner world. Bend down and touch the water with your hand, feeling its coolness and purity. This stream represents the emotions that flow through you. Let them be like this water, clear and tranquil.

Now, let's focus on your heart. Notice your heart and take a moment to feel its steady rhythm. Your heart is the center of your being, where love, compassion, and kindness reside. As you connect with your heart, visualize a warm, radiant light emanating from it. This light represents your inner love and compassion, which is always present within you.

Take a moment to reflect on any emotions or concerns that have been weighing on your heart. Imagine these feelings being gently embraced by the warm light of your heart, like a soothing balm that brings comfort and reassurance. Your heart's light heals and nurtures, allowing you to let go of any negativity or tension that you've been holding onto.

As you continue your journey, you find yourself beneath a vast, open sky. The heavens above are filled with stars, each one representing a possibility, a dream, or a desire. Gaze up at the endless expanse of stars and feel a sense of wonder and awe. You are part of this universe, and your dreams and aspirations are as boundless as the cosmos.

Take a moment to reflect on your aspirations, your hopes, and your deepest desires. See them as stars in the sky, waiting to be realized. As you do, let go of any doubts or limitations that may have been holding you back. You have the power to reach for the stars, to make your dreams a reality.

SILENCE

Take a deep breath and exhale slowly, returning to the present moment. Know that this inner world, this place of balance, love, and limitless potential, is always within you. You can return to it whenever you need to find peace, to reconnect with your heart and to reach for the stars.

Open your eyes and carry this sense of inner balance and tranquility with you throughout your day. You are grounded in the Earth, filled with love and compassion in your heart, and ready to embrace the endless possibilities of the universe.

CLOSING PROMPT:

What connection did you feel most strongly—earth, heart, or cosmos?



SACRED SENSITIVITY:

A MEDITATION FOR EMPATHS & HIGHLY SENSITIVE SOULS



INTRODUCTION

There are many people who are unaware that they are empaths. As a person who has never leaned towards the importance of labels, titles, or being categorized I don't know how important it is to self-identify as one. What is important is to understand yourself enough to recognize if you have certain behaviors that indicate you may be an empath or highly sensitive person. If your assessment is that you are, you may want some self-management guidance to improve your life.

Here is my 10-point assessment, you don't have to have all 10 but I'd say the majority. The high-level description is that an Empath or HSP is very sensitive to energy and emotions in the environment and often can't differentiate it from their own.



1. **High Sensitivity:** Empaths are often highly sensitive to external stimuli, including emotions, energy, and the environment. They may easily pick up on subtle cues and vibrations.
2. **Intuitive:** Empaths have a strong intuition and can often sense the emotions and needs of others without explicit communication. They may rely on gut feelings and instincts.
3. **Absorptive Nature:** Empaths can absorb, and feel, and take on the emotions of those around them. This can lead to them feeling overwhelmed or drained in emotionally charged environments.
4. **Deep Empathetic Connection:** Empaths can establish a deep emotional connection with others, understanding and feeling the emotions of people as if they were their own.
5. **Boundary Challenges:** Empaths may struggle with setting and maintaining emotional boundaries. They might find it challenging to differentiate between their own feelings and the emotions of others.
6. **Compassion:** Empaths typically have a strong sense of compassion and a desire to help others.
7. **Love for Nature and Animals:** Many empaths feel a strong connection to nature and animals.
8. **Emotional Exhaustion:** Due to their absorbing nature, empaths may experience emotional exhaustion, particularly in situations where they are exposed to intense or negative emotions for extended periods.
9. **Creativity:** Empaths often possess a heightened sense of creativity. They may express their emotions and insights through art, music, writing, or other forms of creative expression.
10. **Need for Solitude:** Empaths may require regular periods of solitude to recharge and disconnect from the emotions of others. This alone time is essential for maintaining their emotional well-being.



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.

Picture yourself in a serene meadow, surrounded by a soft, golden light. The air is filled with tranquility, and the gentle rustle of leaves calms your senses. As you sit in this peaceful space, become aware of the energy within and around you.

Imagine roots extending from the base of your spine, grounding you to the Earth like ancient trees. Feel the support and stability of these roots, connecting you to the nurturing energy of the Earth. With each breath, sense the soothing energy rising from the Earth and enveloping you in a protective cocoon.

Now, turn your attention to the sky above. Picture a radiant sun casting a warm, golden glow over the meadow. As the sunlight touches your skin, envision it infusing you with a gentle strength. Feel the warmth spreading through every cell, dissolving any tension or discomfort.

As you continue to breathe, imagine a soft breeze gently caressing your face. This breeze carries with it a sense of clarity and renewal. Inhale deeply, allowing the refreshing breeze to cleanse your mind and spirit.

Exhale, releasing any lingering worries or heaviness.

In this tranquil meadow, envision a pool of crystal-clear water. The surface is smooth and inviting. Approach the water, and as you dip your fingers in, feel the coolness soothing your senses. With each touch, let the water wash away any emotional residue or overwhelm.

Now, bring your awareness to your heart center. Visualize a radiant light glowing within, pulsating with a serene energy. With every beat, this light expands, creating a protective aura around you. Feel the warmth and comfort emanating from your heart, embracing you in a cocoon of love and compassion.

As you remain in this peaceful state, invite any emotions or sensations to surface without judgment. Acknowledge them, and like a passing cloud, allow them to drift away. You are a vessel of serenity, and nothing can disturb your inner peace.

Return your focus to your breath, inhaling the tranquil energy of the meadow and exhaling any remaining tension. Picture yourself surrounded by a soft, shimmering light that acts as a shield, protecting you from external energies.

SILENCE

Before you slowly bring your awareness back to the present moment, take a moment to express gratitude for this time of serenity and self-nurturing. Know that you can return to this inner sanctuary whenever you need to restore balance and calm.

As you open your eyes, carry the serenity with you into the world. You are grounded, protected, and resilient in your sensitivity. Embrace the beauty of your empathic nature and move forward with a deep sense of inner peace.

CLOSING PROMPT:

What part of your sensitivity feels like a superpower today?



SPEAK THE SOUL TRUE: EMPOWERING THE THROAT CHAKRA FOR ALIGNED EXPRESSION



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

Take another deep breath, inhaling clarity and space. As you exhale, let go of any tightness in your shoulders, neck, or jaw. Allow your breath to flow freely, softening your body, opening yourself to the present moment.

Now, bring your awareness to your throat. This is the center of your expression, the space where your truth, creativity, and deepest wisdom flow into words. Observe any sensations here—warmth, openness, tightness, or even silence. There is no need to judge or change anything. Simply listen.

Visualize a soft blue light glowing at your throat, the color of the open sky or calm waters. With each inhale, this light expands, filling your throat with spaciousness and ease. With each exhale, it clears away any heaviness or hesitation.

As you continue breathing, imagine this light extending to your ears, allowing you to hear more deeply—not just the sounds around you, but the whispers of your soul.

Your soul is always speaking, guiding you with gentle messages, but in the rush of daily life, its voice can become quiet. Now, in this stillness, tune in. What does your soul want you to hear? Perhaps it comes as a word, an image, a feeling, or even pure silence. Whatever arises, trust it.

Now, visualize the blue light at your throat and ears growing stronger, creating a clear channel between your inner knowing and your outward expression. As you inhale, you receive the wisdom of your soul. As you exhale, you express this truth with clarity and confidence. As you breathe, imagine this light swirling gently, creating space for your words, your emotions, your truth. It is neither forceful nor hesitant—it simply exists, steady and strong.

Now, take a moment to reflect on the power of your voice. Your words carry energy, shaping your reality and connecting you with the world. Feel the strength of this truth within you.

If there are past moments where your voice felt silenced or unheard, acknowledge them without judgment. Imagine these moments dissolving into the blue light, transforming into wisdom and clarity.

If there are moments in your life where you have struggled to communicate—where words felt stuck, or where you silenced your truth—acknowledge them with compassion. Imagine these moments dissolving into the blue light, transformed into understanding and freedom.

Now, see this light expanding through your entire body, filling your heart, lungs, and even your hands—reminding you that your voice is more than words. You express yourself through movement, through energy, through presence. Your whole being is a channel for truth.

Take a moment to listen again. What does your soul wish to tell you now? Maybe it is a message of encouragement, a reminder, or simply the reassurance that you are exactly where you need to be. Let the message settle into your heart.

Now, picture yourself speaking—perhaps to a loved one, to a group, or even just to yourself. Your words flow easily, not forced, not withheld, but true and aligned. Your voice is strong, steady, and clear. Your words carry the wisdom of your soul, effortlessly bridging the space between your inner world and the outer world.

SILENCE

Rest in this space of clarity and connection. Know that you can return to this place whenever you need to hear your soul's voice, whenever you need to speak your truth without fear.

When you are ready, gently bring your awareness back to your body. Wiggle your fingers and toes, feeling the space around you. Take a final deep breath in, and as you exhale, ground yourself fully in the present moment.

When you feel ready, open your eyes, carrying this connection with you—hearing and expressing your soul's messages with clarity, trust, and ease.

CLOSING PROMPT:

What truth is longing to be spoken from your throat—or written from your heart?

FLOW STATE: CLEARING & AWAKENING THE PATHWAYS OF ENERGY



INTRODUCTION

Energy flow within the body is a fundamental aspect of our well-being, influencing both our physical and emotional states. This flow is often described in terms of life force energy—known as **prana, chi, or qi**—which moves through pathways or energy centers, such as the chakras and meridians. When energy flows freely, we experience vitality, mental clarity, and emotional balance. However, blockages or stagnation in this flow can manifest as stress, fatigue, or even physical discomfort. Factors like emotional distress, poor lifestyle habits, or environmental influences can disrupt this balance, making it essential to cultivate practices that encourage energy movement and restoration.

By consciously working with our energy, we can enhance our overall sense of harmony and alignment. Techniques such as breathwork, meditation, movement, and sound healing can help clear blockages and promote a smooth, unrestricted flow. When we tune into our energy, we become more aware of where we may be holding tension or resistance, allowing us to release what no longer serves us. This process not only revitalizes the body but also fosters emotional resilience and a deeper connection to our intuition. A balanced energy system enables us to navigate life with greater ease, creativity, and a sense of inner peace.

GUIDED MEDITATION

Take a moment to settle into a comfortable position. Whether you're seated or lying down, allow your body to relax, releasing any tension held in your muscles. Close your eyes and bring your attention to your breath. Inhale deeply through your nose, filling your lungs completely, then exhale slowly through your mouth, letting go of any heaviness or distraction.

As you continue to breathe, begin to notice the energy within you—the subtle vibration, the gentle warmth, the quiet hum that flows through your being. With each inhale, draw in fresh, revitalizing energy. With each exhale, allow any stagnant or heavy energy to release and dissolve.

Now, bring your awareness to the base of your spine, the foundation of your energy. Imagine a warm, red glow forming at this point, grounding you to the earth. With each breath, feel this energy stabilize and strengthen, creating a solid connection between you and the world beneath you.

As your awareness moves upward, envision this energy flowing freely into your lower abdomen, where a golden-orange light begins to swirl. Feel this space open, allowing creativity and vitality to awaken. The energy moves effortlessly, like a gentle wave, loosening any blockages and restoring balance.

Draw your focus to your solar plexus, just above your navel. A brilliant yellow light begins to shine, radiating warmth and confidence. Imagine this energy expanding outward, filling you with strength and clarity. As it pulses, it clears away self-doubt, making space for empowerment and ease.

Now, let your awareness rise to your chest, where a vibrant green energy glows at your heart center. Feel it expand with each inhale, softening and opening with each exhale. This energy flows freely, connecting you to a deep sense of harmony. Picture it is radiating outward, like ripples in water, touching every part of your being.

Shifting your focus to your throat, notice a cool blue light forming at its center. As it glows, your energy flows freely through this space, clearing any hesitation, allowing truth and self-expression to move effortlessly. With each breath, the energy becomes lighter, purer, and fluid.

Now, bring your attention to the space between your eyebrows. A deep indigo light begins to emerge, illuminating your inner awareness. Feel the energy in this space as it gently expands, clearing the mind, sharpening intuition, and enhancing clarity. It moves effortlessly, unobstructed, like a clear stream flowing freely.

Finally, shift your focus to the crown of your head, where a radiant violet light glows. Picture this energy extending upward, connecting you to the vast, limitless expanse beyond. There is no effort here, just flow—an infinite exchange of energy moving through you, cleansing, balancing, and renewing.

Now, take a deep, nourishing breath, feeling the full connection of energy within you. As you exhale, imagine this energy settling into perfect harmony, flowing freely through every part of your being.

SILENCE

When you feel ready, gently bring your awareness back to your body. Wiggle your fingers and toes, take another deep breath, and slowly open your eyes. Carry this sense of balance and flow with you as you move through your day.

CLOSING PROMPT:

Where in your life are you craving more energetic flow or movement?



ROOTED IN THE NOW: GROUNDING THROUGH THE FEET & ROOT CHAKRA CONNECTION



INTRODUCTION

In an era where we are constantly bombarded by digital screens and daily stressors, grounding, or earthing, offers a simple yet profound way to reconnect with the Earth and achieve emotional and physical balance. Grounding is the practice of making direct contact with the earth's surface, whether by walking barefoot on grass, sand, or soil, or by using grounding tools like mats and sheets. This practice is rooted in the idea that the Earth's electrons can provide healing energy, helping to neutralize the free radicals in our bodies. By integrating grounding into your daily routine, you can foster a deeper connection with nature, reduce stress, and promote a sense of tranquility and centeredness.



The importance of grounding lies in its ability to offer a myriad of health benefits that extend beyond simple relaxation. Research suggests that grounding can lead to improved sleep, reduced inflammation, and enhanced mood by balancing the body's electrical charge. It acts as a natural remedy for mitigating the effects of stress and anxiety, helping to regulate cortisol levels and improve overall well-being. By incorporating grounding practices into your life, you not only align yourself with the Earth's natural rhythms but also open the door to greater physical and mental health. This session is an invitation to embrace grounding as a transformative practice, allowing you to unplug from the chaos and reconnect with the nurturing energy of the Earth.

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.

Feel the sound as it moves up gently from the earth, holding you firmly, sharing its breath of life. Breathe what the earth is offering. Feel its love for you.

Imagine yourself in a serene, sacred space—a haven of calm and tranquility, where the air is infused with a gentle, soothing aroma that relaxes your senses.

As you enter this space, you find a comfortable position, either seated with your feet firmly planted on the ground, feeling the coolness of the earth beneath your soles, or lying down, cradled by the surface beneath you. Gently close your eyes, allowing the external world to softly fade away, and begin to tune into the natural rhythm of your breath.



Inhale deeply through your nose, drawing in a sense of peace and serenity that fills your lungs like a refreshing breeze. Feel the cool air as it flows in, expanding your chest and belly, and notice the gentle rise and fall of your body with each breath. As you slowly exhale through your mouth, imagine releasing any tension or worries, watching them dissipate like a gentle mist lifting in the warm, embracing rays of the morning sun. With every breath, you sink deeper into relaxation, each inhale inviting calm, each exhale releasing what no longer serves you, grounding you more in this present moment.

Now, shift your focus to your feet, the foundation of your being. Feel their connection to the ground, solid and reassuring, as if the earth itself is cradling you. Imagine the sensation of soft, warm earth against your skin, grounding you with its ancient and enduring presence. Visualize roots extending from the soles of your feet, strong and vibrant, diving deep into the earth, weaving through rich soil and enduring stone. These roots anchor you securely, reaching deeper with every breath, connecting you to the earth's nourishing embrace, like an ancient tree drawing sustenance from its roots.

As your roots delve deeper into the earth's heart, bring your attention to the base of your spine, the seat of your root chakra. Envision a glowing orb of red light, warm and radiant, pulsating gently with life and energy. This light infuses you with a profound sense of stability and security, its warmth spreading throughout your entire being like the comforting glow of a hearth on a cool, serene evening. Feel this red light envelop every part of you, creating a sanctuary of safety and groundedness.

Now, let the sounds of the sound bath wash over you like gentle, rhythmic waves on a tranquil shore. Each tone and vibration resonate deeply within your body, enhancing your connection to the earth. As the sounds envelop you, imagine them harmonizing with the red light at your root, creating a symphony of grounding energy that flows through your roots and into the earth. With each sound, feel your connection to the earth deepen and strengthen, like a deep-seated trust in the universe's unwavering support.

Picture any stress or worries being gently drawn down through your roots, absorbed and transformed by the earth, leaving you feeling lighter, more at peace, and deeply aligned with your true self. The earth holds you, supports you, and nourishes you, providing an unshakeable foundation of stability and comfort.

As you continue to bask in this grounding energy, bring your awareness to your entire body. Starting from your feet, slowly let relaxation flow upwards like a gentle stream, moving through your legs, into your hips, and up through your torso. Feel it travel down your arms and finally reach your head, enveloping you in a cocoon of calm and serenity. This wave of relaxation soothes every muscle and cell, filling you with a deep sense of peace.

Rest in this stillness, allowing the sounds to carry you further into a state of profound relaxation and harmony. Feel every part of your being attuned with the earth, embraced by the energy of your root chakra, secure and grounded in your essence.

SILENCE

Gradually, begin to bring your attention back to your breath. Notice the gentle rise and fall of your chest, the life-giving rhythm that connects you to the present moment. Gently wiggle your toes and fingers, feeling the renewed energy flowing through your body, revitalized, grounded, and ready to embrace the world.

When you feel ready, open your eyes slowly, letting the world come back into focus. Take a moment to savor your surroundings, carrying this newfound sense of grounding, peace, and stability with you as you re-enter the world, knowing that the earth's embrace is always there to support and guide you.

CLOSING PROMPT:

What can you trust more deeply when you feel grounded and supported?



JOY IS THE PRAYER:

A MEDITATION ON GRATITUDE AS A LIVING FREQUENCY



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 a warm, glowing light surrounding you. This light is a symbol of joy, and it radiates with a gentle, inviting warmth. Picture it slowly wrapping around your body, embracing you in its comforting energy. As it does, allow yourself to let go of any worries, regrets, or fears. Visualize them dissipating like clouds in the sky, leaving behind a clear and tranquil mind.

Now, turn your attention to your breath. Take a moment to feel the rhythmic rise and fall of your chest or the gentle expansion and contraction of your abdomen as you breathe in and out. Imagine each breath as a source of pure, joyful energy. With every inhale, you draw in joy, and with every exhale, you release any lingering tension.

In your mind's eye, envision a serene landscape. It could be a peaceful meadow, a serene beach, or a lush forest. This place is your personal sanctuary of joy, and you are the sole inhabitant. Explore this environment with all your senses. Feel the softness of the grass or sand under your feet, listen to the soothing sounds of nature, and breathe in the fragrant, fresh air. This is your haven of pure, unadulterated joy.

As you immerse yourself in this tranquil setting, allow your heart to open up to the joy that surrounds you. Let it fill every corner of your being. Sense the delight in the small details, the beauty of nature, and the simple pleasures of existence. Feel the gratitude for this moment and the profound joy it brings.

Now, take a few moments to reflect on the people and experiences in your life that bring you happiness. Imagine their faces and the moments you've shared. Let the warmth of these connections infuse your being with even more joy. Appreciate the love and joy that they bring into your life.

As you continue to breathe in and out, feel the harmony between your inner self and the external world. Know that joy is not something external to you; it resides within, and you have the power to cultivate it. You are a wellspring of joy, and it's always accessible to you.

SILENCE

When you're ready, slowly bring your awareness back to the present moment. Feel the connection between your body and the earth beneath you.

Open your eyes and carry the sense of joy you've cultivated with you throughout your day. Remember that joy is always within you, waiting to be acknowledged and embraced.

CLOSING PROMPT:

What brought you a flicker of joy, and how can you amplify that today?

MAKING PEACE WITH _____:

A GUIDED RITUAL TO FILL IN THE BLANK AND SET IT FREE



INTRODUCTION

People often struggle the most with making peace with themselves. This can encompass accepting their flaws, past mistakes, or aspects of their identity they may not fully understand or appreciate. Additionally, people often find it challenging to make peace with circumstances beyond their control, such as loss, change, or uncertainty about the future. These internal and external struggles can deeply affect one's sense of peace and well-being.

The most common issue people have that they can't find peace with is:

Past Mistakes and Regrets: Many people have difficulty forgiving themselves for past actions or decisions they regret.

Self-Acceptance: Struggling with self-esteem, body image, and self-worth is common.

Loss and Grief: Coping with the death of loved ones, broken relationships, or other significant losses can be profoundly challenging.

Uncertainty and Change: Adapting to unexpected changes or uncertain futures can cause significant anxiety and stress.

Fear of Failure: Worrying about not meeting expectations, whether personal or societal, can hinder inner peace.

Interpersonal Conflicts: Ongoing disputes or unresolved issues with family, friends, or colleagues can be a significant source of distress.

As you can tell many of the issues associated with your sense of inner peace aren't things external to you or things you can go fix. Finding peace with these things starts first with acknowledging them and finding them within you to release which we will do with today's sound bath & meditation.

GUIDED MEDITATION

Please 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, a sanctuary where time slows down and the essence of peace envelops you like a gentle embrace. Find a comfortable position, whether seated or lying down, allowing your body to relax completely. Close your eyes softly, and begin to focus on your breath, inhaling deeply through your nose, and exhaling slowly through your mouth. With each breath, feel yourself becoming more present in this moment.

As you settle into stillness, become aware of any tension or unease you may be holding onto within yourself. Acknowledge these feelings without judgment, allowing them to exist in the space around you. Visualize them as if they are delicate threads that you can gently unravel.

Now, bring your attention to the sounds around you. Notice the gentle hum of the world outside, perhaps the soft rustling of leaves or distant bird songs. These sounds are like whispers from the universe, inviting you to let go and surrender.

We will embark on a transformative inner journey towards reconciliation and the frequency of harmony. Imagine a warm, soothing light surrounding you, bathing you in its comforting glow. This light represents the healing energy of forgiveness and acceptance.

Think of something in your life that you need to make peace with. It could be a past mistake, a difficult relationship, or an aspect of yourself that you struggle with. Allow this issue to come into your awareness without resistance. Notice how it makes you feel, both emotionally and physically.

Now, imagine yourself stepping into a pool of shimmering water. This water is not just any water—it is a sound bath, resonating with the frequencies of peace and healing. As you immerse yourself, feel the vibrations gently washing over you, soothing every part of your being.

With each sound wave that passes through you, feel layers of tension and negativity begin to dissolve. Let go of any resentment or anger you may be holding onto. Release the need for things to have been different. Embrace the present moment as it is, with compassion and understanding.



As the sound bath continues, notice how your body responds to the harmonious vibrations. Feel your heart opening, becoming lighter with each passing moment. Allow yourself to forgive, not just others, but yourself as well. You are deserving of love and forgiveness.

Now, envision a bridge forming before you—a bridge to reconciliation. Step onto this bridge with courage and intention. Feel yourself crossing over from conflict to resolution, from pain to peace. Embrace the transformative power of letting go and moving forward.

In this space of healing, take a moment to reflect on how far you have come. Recognize the strength and resilience within you. You have embarked on a journey towards inner harmony, and this journey continues to unfold with every breath you take.

SILENCE

As we bring this meditation to a close, gently bring your awareness back to the present moment. Feel the ground beneath you, supporting you with its steady presence. Know that you can return to this place of peace and reconciliation whenever you need.

When you are ready, slowly open your eyes, carrying the serenity of this experience with you into the world. Allow yourself to embody the frequency of harmony that you have cultivated within. Trust in the power of forgiveness and the transformative journey you have embarked upon.

CLOSING PROMPT:

What word or name belongs in that blank—and what are you ready to release around it?



THE HEALING SPIRAL:

A MEDITATION FOR PHYSICAL RECOVERY & RESTORATION



INTRODUCTION:

Recovery is a concept or term most often used with top athletes or following medical procedures. And it's true, both of those circumstances warrant extra attention to aid our body in its recovery process having put it under unusual stress and strain. It drains energy and lowers our immunity along with the functioning of other parts of our body. And usually, we need to demand performance from our entire body quickly.

However, recovery is not confined to athletic endeavors or medical procedures. We don't usually think of the various situations in our life that create stress on our body such as working out, projects around the house, and even stressful events such as accidents. We need our body to repair while also using energy for daily tasks.

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 settle into this moment, bring your awareness to your breath. Feel the natural rhythm of your breath, the gentle rise, and fall of your chest or the expansion and contraction of your abdomen. Allow each breath to bring a sense of calm and relaxation into your body.

Now, turn your attention to the areas of your body that may be carrying stress, strain, or the remnants of medical procedures. Without judgment, simply observe the sensations in these areas. Notice any tightness, discomfort, or tension without trying to change anything.

Imagine a warm, soothing light surrounding the areas that need healing. Picture this light as a soft, radiant energy that penetrates your skin, bringing with it a sense of comfort and relief. Visualize this light gradually spreading through your muscles, easing any tension or tightness it encounters.

As you continue to breathe deeply, envision this healing light moving through your body carried by the sound, focusing on the areas that need recovery. Imagine it as a gentle force, releasing any knots or holding patterns within your muscles and tissues. Picture the tension melting away, leaving behind a feeling of warmth and softness.

Feel the soothing energy of this light & sound enveloping you completely. Allow it to nurture and heal your body at its own pace. Trust in the natural healing abilities of your body and this calming light that surrounds you.

As you breathe, imagine every inhale bringing in revitalizing energy and every exhale carrying away any lingering stress or discomfort. Feel the connection between your breath and the healing light, working together to restore balance and well-being.

Take a moment to express gratitude for your body's resilience and its capacity to heal. Appreciate the opportunity to give yourself this time for recovery and restoration.

SILENCE

When you're ready, slowly bring your awareness back to the present moment. Wiggle your fingers and toes, gently open your eyes, and return to the world around you. Carry this sense of calm and healing with you as you go about your day. Remember that your body is a remarkable vessel capable of recovery.

CLOSING PROMPT:

What part of your body or energy feels more supported after this meditation?



OPEN TO OVERFLOW: ATTUNING YOUR ENERGY TO PROSPERITY & RECEIVING



GUIDED MEDITATION

This is a sacred space where we will immerse ourselves in the currents of positive energy and mindfulness. As you settle into a comfortable position, allow the soothing sounds and calming frequencies to wash over you, preparing your mind and body for this journey towards prosperity.

Focus on your breath as you take in the sounds and frequency. As you breath, notice where the sound is going in your body. Breath in the sounds. Notice what thoughts or emotions come up for you during your experience.



Take a deep breath in, filling your lungs completely, and then gently release it, letting go of any tension or distractions. Close your eyes and bring your attention to the present moment, feeling the gentle rise and fall of your breath.

In this serene space, begin to visualize the concept of prosperity. Picture it as a radiant light that surrounds and fills you, a light that is warm, inviting, and filled with infinite possibilities. This light represents the vibrational frequency of prosperity, and as you bathe in its glow, allow yourself to become fully immersed in its energy. Feel the possibilities.

As the sound waves flow around you, imagine them carrying this light of prosperity deeper into your being. Reaching deeper within you to each cell. Feel the vibrations resonating with your inner core, aligning your mind with the energy of abundance. Prosperity is not just about financial wealth; it encompasses emotional, spiritual, and communal richness. It is a state of well-being that touches every aspect of your life.

Begin to explore the interconnectedness of this well-being. Visualize yourself thriving in all areas of life: your relationships are filled with love and support, your work brings you joy and fulfillment, your body is healthy and vibrant, and your mind is peaceful and clear. See how each aspect of your life contributes to a holistic sense of prosperity. Your wealth is in all things.

Now, expand your awareness beyond personal gain. Imagine this light of prosperity extending outwards, touching the lives of those around you. See your family, friends, and community flourishing alongside you. Understand that true abundance is a collective experience, and your prosperity contributes to the prosperity of others.

As you continue to visualize this interconnected web of well-being, allow a sense of gratitude to fill your heart. Acknowledge the blessings you already have and the abundance that is already present in your life. Gratitude is a powerful tool that enhances the flow of prosperity, making you a magnet for even more positive energy.



The Equinox Within

With each breath, deepen your connection to this sense of gratitude and generosity. Recognize that by giving and sharing, you are also receiving. In this harmonious dance between personal aspirations and collective flourishing, there is a continuous exchange of energy that enriches everyone involved.

Feel a deep sense of fulfillment as you embrace this broader understanding of prosperity. Let it permeate your being, knowing that you are in alignment with the vibrational frequency of abundance. You are a conduit for prosperity, and your life is a testament to the endless possibilities that it holds.

Bask in this state of abundance, allowing the sounds to reinforce your connection to this powerful energy.

SILENCE

When you are ready, slowly bring your awareness back to your physical surroundings. Wiggle your fingers and toes, gently stretch your body, and open your eyes.

Carry this feeling of prosperity with you as you go about your day, knowing that you are aligned with the flow of abundance. Trust that the energy of prosperity will continue to guide and support you, bringing you joy, fulfillment, and a deep sense of well-being.

CLOSING PROMPT:

What limiting belief around receiving can you begin to rewrite?



SHED & RISE:

RELEASING OLD PATTERNS AND EMBRACING SOUL GROWTH



INTRODUCTION

Letting go of old habits and thought patterns is a powerful step toward meaningful transformation. This process isn't just about releasing what no longer serves you—it's about creating space for something new to emerge. When we become aware of the unconscious cycles that hold us back, we open the door to intentional growth. Each moment of release becomes an opportunity to reconnect with our inner wisdom, deepen our sense of self, and move forward with clarity and purpose.

Growth begins when we lean into change with curiosity and compassion. It asks us to show up honestly, to face discomfort with courage, and to trust that we are capable of evolving. As we shift our perspective and embrace new ways of being, we begin to build a life that reflects who we are becoming, not just who we've been. This journey is one of self-discovery and expansion—an invitation to grow, heal, and thrive from the inside out.



GUIDED MEDITATION

Find a quiet space where you can be still for a little while. Settle into a comfortable position—either sitting with your spine tall or lying down with your body fully supported.

Allow your eyes to close gently. Take a slow, deep breath in... and exhale fully. Again—inhale... and release. Let yourself begin to arrive.

Feel the weight of your body supported by the ground. There's nowhere to be but here.

As you begin to settle, bring your awareness to your breath. Notice how it moves through your body—without effort, without control. Let the breath guide you inward.

Now, gently bring your attention to the sensations in your body. Notice what feels tight... what feels open. Where there is ease, and where there is resistance. You're not trying to fix or analyze—just noticing, with openness.

In this stillness, start to sense the subtle patterns within you. The habits of tension. The automatic reactions. The stories the body holds.

Some patterns are familiar. Some have shaped you. And some—quietly—are ready to soften. Ready to shift.

Imagine now that you are standing in a gentle stream. The water is warm and clear. It flows around you—not fast, not forceful, but steady. Supportive.

With each breath, imagine the stream gently loosening what's ready to leave—old habits, limiting beliefs, patterns that once served a purpose but now feel heavy, outdated.

You don't need to name them. You don't need to push them out. Just allow the stream to carry them. Let the breath do the work.

Inhale... stay soft.

Exhale... release.

Feel the space that opens as these patterns begin to unwind. There may be silence. There may be stillness. There may even be uncertainty—and that's okay. Growth is often quiet at first.

Let yourself rest in this space of not-knowing. This space of becoming. You don't have to define what comes next. Just allow the space to be here.

Growth is already unfolding. Not because you force it—but because you allow it.

Feel your body receiving this shift. Subtle. Natural. Real.

Let the breath keep moving...

Let the stream keep flowing...

Stay here as long as you need, allowing the release to continue in its own time. Let the stillness hold you.

SILENCE

When you're ready to return, begin by sensing your body again—the contact points, the temperature of the air, the gentle rhythm of your breath.

Maybe take a deeper breath in... and sigh it out.

Gently open your eyes.

You don't need to know exactly what has changed. Just trust that something has softened. That something new has space to grow.

CLOSING PROMPT:

What old pattern showed up—and what new truth wants to replace it?



ONLY ONE YOU: LETTING GO OF COMPARISON & RETURNING TO YOUR ESSENCE



INTRODUCTION

"If you compare yourself to others, you may become vain and bitter; for always there will be greater and lesser persons than yourself" Comparison is a thief of joy and there will never be a good and positive outcome from it.

There's so many reasons and problems it creates:

Erosion of Self-Esteem: Constantly measuring oneself against others can lead to feelings of inadequacy or low self-worth, especially if one perceives themselves as lacking in some way compared to others.

Unrealistic Standards: People often compare themselves to idealized versions of others, particularly on social media, where people tend to share only their successes and highlights. This can create unrealistic standards that are difficult or impossible to meet.

Increased Anxiety and Stress: Worrying about how one measures up to others can lead to increased anxiety and stress, as the pressure to meet or exceed others' achievements can be overwhelming.

Loss of Authenticity: When people focus too much on how they compare to others, they might lose sight of their own values, goals, and strengths, leading them to pursue paths that are not genuinely aligned with who they are.

Hindered Personal Growth: Instead of focusing on personal progress and self-improvement, constant comparison can distract individuals from setting and achieving their own goals, as they become more concerned with keeping up with others.

Negative Emotions: Comparison can breed negative emotions such as jealousy, resentment, and bitterness, which can damage relationships and lead to a negative outlook on life.

Decreased Satisfaction and Happiness: Continually comparing oneself to others can lead to chronic dissatisfaction, as there will always be someone who appears to have more or be doing better, making it difficult to appreciate one's own achievements and circumstances.

To stop yourself from comparing yourself to others or unrealistic standards, notice when you do and make a note of it. Use this as the beginning of a reset plan where you perhaps go get information such as indicators of where you were where you started and to make realistic goals based on what you know about yourself. Or to seek a mentor to help you define some good goals. From there, notice when you compare, stop and refocus on your goals and progress you have made.



GUIDED MEDITATION

Find a comfortable position, either sitting or lying down, allowing your body to settle into a state of relaxation. Close your eyes gently, and begin by taking a few deep, cleansing breaths. Inhale deeply through your nose, filling your lungs with fresh, revitalizing air, and exhale fully, letting go of any tension or stress with each breath.

As you continue to breathe slowly and deeply, feel the support of the ground beneath you. Notice how it holds you, allowing you to let go of any effort or strain. Bring your awareness to the sounds—the soothing tones of the singing bowls, each note resonating with your intention to release.

Imagine now a warm, soft light surrounding you, enveloping you in a cocoon of tranquility and peace. This light is your sanctuary, a place where you can safely explore and release the burdens of comparison. Visualize yourself holding a bundle of balloons, each balloon representing a comparison you hold onto—whether it's comparing yourself to others, to an idealized version of yourself, or to societal expectations.

With each exhale, release one balloon into the sky. Watch as it floats away, becoming smaller and smaller until it disappears into the vast openness above. Feel the weight of comparison lifting from your shoulders with each balloon you release. Notice how your body feels lighter, freer, and more at ease with each breath.

Now, bring your attention to your heart center. Visualize a radiant, golden light glowing within. This light represents your unique essence, your true self beyond any comparisons or judgments. Feel its warmth spreading throughout your entire being, filling you with a deep sense of acceptance and self-love. You are free from judgment or expectations. Here, there is no need to compare yourself to others. You are enough just as you are. In this space, you can let go of the need to measure your worth against external standards.

As you continue to breathe, allow the soothing sounds around you to wash over your body like gentle waves. With each wave, release any feelings of inadequacy or comparison. Let them dissolve and drift away, leaving you feeling lighter and more at peace.

Shift your focus to your abdomen, noticing the rise and fall with each breath. Allow the warm light to flow into this area, releasing any knots of tension or anxiety. Feel your abdomen soften, and with it, any lingering worries about how you compare to others.

Now, bring this healing light into your hips, your thighs, your knees, and your calves. Feel the warmth and relaxation spreading down into your feet, grounding you to the earth below. With each breath, release any remaining burden, feeling it flow out through the soles of your feet and into the ground.

In this state of relaxation, remind yourself that everyone is on their own unique journey. Your path is your own, and it does not need to be compared to anyone else's. Trust that you are exactly where you need to be in this moment.

As you continue to breathe gently, allow the sound bath instruments to guide you deeper into relaxation. Let the vibrations wash over you, soothing any remaining tension or resistance. With each sound, feel yourself aligning more fully with your authentic self, releasing the need to measure up or compete with others.

You are enough. You possess unique gifts and strengths that no one else can replicate. Embrace the beauty of your individual journey, free from the constraints of comparison.

SILENCE

Gently bring your awareness back to your breath. Feel the rise and fall of your chest with each inhale and exhale, grounding yourself in the present moment. Know that you can return to this place of inner peace and acceptance whenever you need.

Remember that you hold the power to release the burden of comparison whenever it arises. Trust in your journey, honor your unique path, and embrace the fullness of who you are.

CLOSING PROMPT:

Where can you celebrate your uniqueness instead of measuring it?



RESET THE SKY:

A RITUAL FOR RENEWAL, RESTORATION & REALIGNMENT



GUIDED MEDITATION

Begin by finding a comfortable position. This could be sitting, lying down, or even standing—whatever feels right for you. Close your eyes and take a deep breath in, hold it for a moment, and then exhale slowly. Repeat this a few times, allowing your body to relax with each breath.

As you continue to breathe deeply, imagine a soft, warm light enveloping you. This light represents renewal, a fresh start. It's a gentle, comforting glow that begins to fill you with a sense of peace and tranquility.

Now, visualize this light flowing through your body, starting from the top of your head and gradually moving down to your toes. As it moves, it carries away any stress, tension, or negative energy that you've been holding onto. It's as if you're being cleansed from the inside out, making room for new, positive energy to take its place.

As the light continues its journey, imagine it reaching your heart. Here, it lingers, filling your heart with warmth and love. This is the center of your being, the place where your true self resides. Allow this light to heal and renew your heart, washing away any pain or hurt that you've been carrying.

Next, visualize the light moving down to your stomach, your center of intuition and gut feelings. Let it cleanse this area, removing any doubts or fears that have been holding you back. As it does, you feel a renewed sense of confidence and trust in yourself.

The light then travels down to your legs and feet, grounding you and connecting you to the earth. It's as if you're planting new roots, preparing for a fresh start. Feel the strength and stability that this grounding brings.

Finally, imagine the light enveloping your entire body, leaving you glowing with renewed energy and vitality. You are now fully reset, cleansed of the old and ready to embrace the new.

Silence

Take a few more deep breaths, basking in this feeling of renewal. When you're ready, slowly open your eyes, bringing your awareness back to your surroundings. Carry this feeling of reset and renewal with you as you move forward, ready to embrace whatever comes your way.

Remember, you can return to this meditation whenever you need a reset. It's a powerful tool for renewal, helping you to let go of the old and embrace the new with open arms.

CLOSING PROMPT:

What feels different in your inner atmosphere now?



WHOLE INSIDE:

A MEDITATION FOR SELF-LOVE, WORTH & SACRED RECONNECTION



GUIDED MEDITATION

Gently close your eyes and take a deep breath in through your nose, filling your lungs completely. Hold for a moment, then exhale slowly through your mouth. Let go of any tension as you settle into stillness.

With each breath, feel your body relax, releasing the weight of the day. Allow your shoulders to soften, your jaw to loosen, and your hands to rest gently. There is nowhere to be but here, in this moment, with yourself.



Bring your attention to your breath, the steady rhythm of life flowing through you. Inhale deeply, feeling the air nourish your body. Exhale fully, letting go of anything that does not serve you. With every breath, sink deeper into a space of peace and presence.

Now, bring your awareness to your heart center. Imagine a warm, gentle light glowing within your chest. This light is the essence of your being—the part of you that is pure, whole, and worthy of love. With every breath, feel this light expanding, radiating warmth through your entire body.

As you rest in this light, observe any emotions that arise. There is no need to resist or push them away. Simply notice them, as though they are waves passing through you. Any feelings of doubt, fear, or self-judgment—let them come and go, like clouds drifting across the sky. You do not need to hold onto them.

Now, picture yourself as a child, full of curiosity and wonder. See the innocence in their eyes, the purity of their heart. This child is still within you, deserving of kindness and care. Imagine wrapping them in a warm embrace, offering the love and gentleness they have always needed.

Let this love flow freely, filling every part of your being. Feel it soothing old wounds, dissolving self-criticism, and replacing it with a deep sense of acceptance. There is no need to change, to be more, or to be different. You are enough exactly as you are.

As this loving energy continues to grow, visualize it surrounding you like a cocoon of light, protecting and nurturing you. This love is always within you, always available to return to whenever you need.

Take a deep breath in, drawing this love deep into your heart. As you exhale, imagine it radiating outward, touching every part of your life. See yourself moving through the world with grace, treating yourself with the same kindness you would offer a dear friend.

Rest here for a few more moments, basking in this feeling of warmth, acceptance, and peace.

SILENCE



When you are ready, gently bring your awareness back to the present moment. Wiggle your fingers and toes, feeling the surface beneath you. Take one final deep breath, inhaling love, exhaling gratitude.

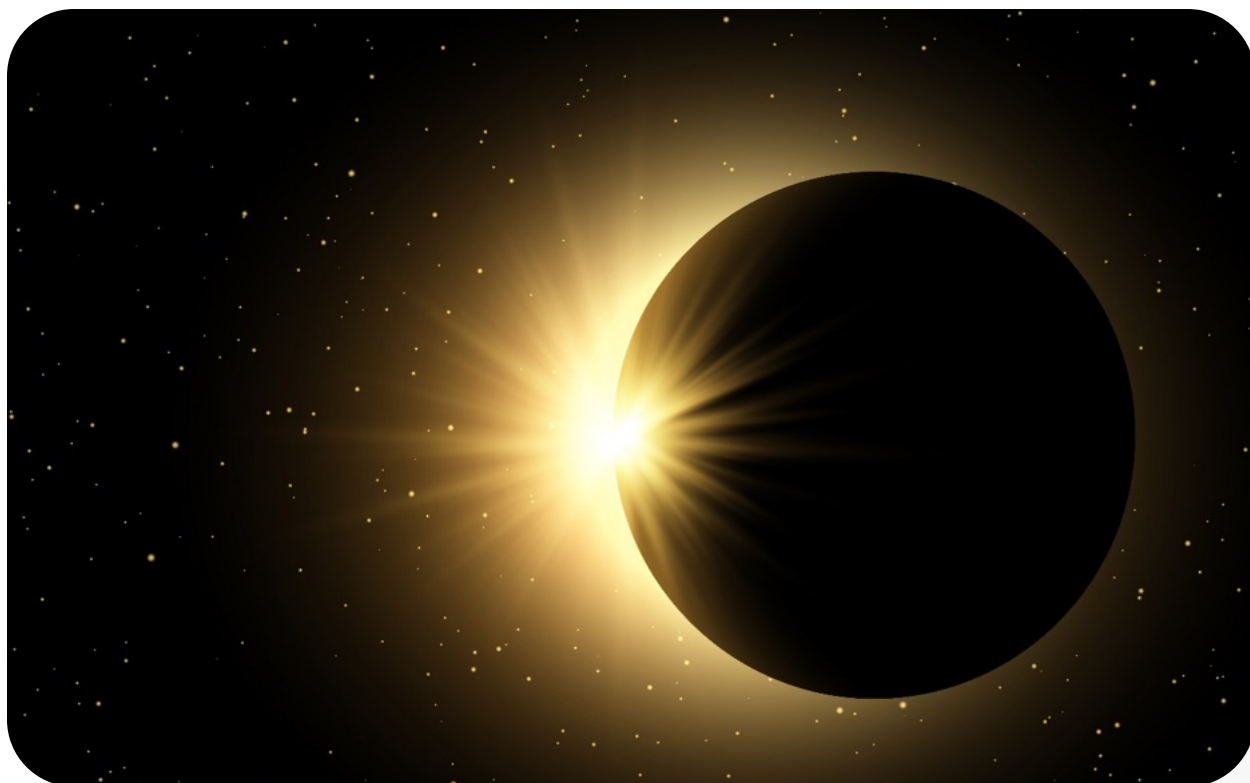
Slowly open your eyes, carrying this sense of self-love with you as you move forward. Know that this love is always within you, a steady light that never fades.

CLOSING PROMPT:

What would it look like to treat yourself like someone you truly love?

THE SHADOW SUN:

A SOLAR ECLIPSE JOURNEY OF TRANSFORMATION & TRUTH



GUIDED MEDITATION

Begin by finding a comfortable position, either sitting or lying down.

Close your eyes gently and take a few deep breaths, allowing yourself to relax and let go of any tension in your body.

As you continue to breathe deeply, visualize a warm, golden light surrounding you, emanating from the center of the earth to you as it aligns to the moon, sun, and universe. Feel this light expanding with each breath, filling the space around you with its radiant energy.

Now, bring your awareness to the solar eclipse energy. Imagine the moon passing in front of the sun, casting a shadow upon the earth.

Feel the power and intensity of this celestial event, recognizing it as a potent time for transformation and renewal.

As you immerse yourself in the energy of the solar eclipse, allow any emotions or thoughts that arise to simply be acknowledged without judgment. Embrace the opportunity for release and purification, letting go of anything that no longer serves your highest good.

As the sound bath begins, feel the vibrations washing over you, resonating with the energy of the frequencies from heavenly bodies aligned in the eclipse. Allow the sounds to penetrate deep into your being, clearing away any remaining blockages and aligning you with the flow of universal energy.

With each sound, feel yourself becoming more attuned to the cosmic rhythms, harmonizing your own energy with the cycles of nature. Surrender to the experience completely, trusting in the process of transformation and integration.

SILENCE

Know that you carry this powerful resonance within you, guiding you on your journey of growth and expansion.

When you are ready, gently open your eyes and return to the present moment, carrying the energy of the unique celestial alignment with you as you continue your path.

CLOSING PROMPT:

What truth emerged from the shadow—and how will you honor it?



POWER AT THE CORE:

ACTIVATING THE SOLAR PLEXUS FOR INNER STRENGTH & CONFIDENCE



INTRODUCTION

The Solar Plexus Chakra is the energy center located in the upper abdomen, just below the ribcage. It is associated with personal power, confidence, and the ability to act in life. Represented by the color yellow and connected to the fire element, this chakra fuels motivation, self-discipline, and determination. When balanced, the solar plexus chakra allows for a strong sense of self, clear decision-making, and a deep trust in one's own abilities. It governs digestion, metabolism, and the nervous system, making it essential for both physical vitality and emotional strength.

An imbalanced solar plexus chakra can manifest as low self-esteem, indecisiveness, or a lack of motivation. On a physical level, digestive issues, fatigue, or tension in the stomach area may arise. Overactivity in this chakra, on the other hand, can lead to controlling tendencies, arrogance, or excessive competitiveness. To restore balance, practices such as meditation, breathwork, and solar energy exposure can be beneficial.



Engaging in activities that promote self-expression, setting healthy boundaries, and using warming herbs like ginger and turmeric can also help strengthen this energy center. By nurturing the solar plexus, one cultivates a deeper connection to their inner power and purpose.

GUIDED MEDITATION

Begin by finding a comfortable position, whether seated or lying down. Close your eyes gently and take a deep breath in, filling your lungs completely, and then exhale slowly, releasing any tension you may be holding onto.

As you continue to breathe deeply and rhythmically, bring your awareness to the center of your body, just below your rib cage, where the solar plexus chakra resides. Visualize a bright, warm light glowing in this area, radiating energy and vitality.

Imagine this light expanding with each breath you take, filling your entire abdominal area with its vibrant energy. Feel the warmth and power of this light spreading through your body, bringing a sense of strength and confidence.

As you focus on the solar plexus chakra, reflect on times when you have felt empowered and in control. Recall moments of achievement and success, no matter how small they may seem. Allow these memories to amplify the energy of the solar plexus chakra, reinforcing your sense of self-worth and personal power.

Now, visualize a gentle, swirling vortex of golden light at the center of your solar plexus. This vortex represents your inner fire, your willpower, and your ability to manifest your desires. With each inhale, feel this vortex growing stronger and brighter. With each exhale, release any doubts, fears, or insecurities that may be holding you back.

As you continue to breathe and visualize, affirm to yourself: "I am worthy of all the success and abundance life has to offer. I trust in my ability to make decisions with clarity and confidence. I honor the power within me to create positive change in my life."

Feel the energy of the solar plexus chakra harmonizing and balancing your mind, body, and spirit. Sense a newfound clarity and determination coursing through you, guiding you towards your goals and aspirations.

Take a moment to express gratitude for the strength and resilience that resides within you. Acknowledge the unique gifts and talents that make you who you are. Embrace your authentic self with love and acceptance.

When you are ready, gently bring your awareness back to your physical surroundings. Wiggle your fingers and toes, and slowly open your eyes, carrying with you the empowered energy of the solar plexus chakra into your day.

SILENCE

Take your time to return to your normal state of consciousness and remember that you can revisit this meditation whenever you feel the need to reconnect with your inner strength and confidence

CLOSING PROMPT:

What would change if you trusted your inner strength more completely?



REWIRE THE DEEP: SUBCONSCIOUS REPROGRAMMING FOR ALIGNED BELIEF & IDENTITY



INTRODUCTION

Your subconscious mind drives 80-90% of your actions, emotions, and health. It is always listening, and it takes everything literally which makes your self-talk important. One of your most effective tools for changing the beliefs your subconscious has that drive your behavior is through meditation and changing your brainwave state into Alpha and Theta state. At the same time, we want to carry a message or intention into your meditation as a means of helping to change a belief that currently exists that is driving a behavior that may not serve you.



Your instructions for this meditation are this:

1. Identify 1 behavior you have you want to change.
2. Create a future statement of this behavior. Other ways of saying these are goal statements. I have several in every category of life covering areas of your life from adaptation, balance, resiliency, timing, loss, self-esteem, relationships, personal power, spirituality, prosperity, and health. I'm happy to help you with this part.
3. Identify and visualize as best you can a representation of this future behavior.
4. As you meditate, use your statement or even key word as a mantra and use your visual to carry you into a meditative state. It's ok if at some point you drop your mantra as you lose contact with your conscious state. If you are like me and don't visualize you can simply "know" your visualized state.

GUIDED MEDIATION

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.

Feel the sound rising from the earth into your feet, warm and assuring. The sound makes your feel comforted and supported as it moves up your legs, into your knees, like a river it curls into each part of you, around your thighs, up to your hips. You feel the sound radiating into your depths, you hear its song and flow in your torso, let it move and circle. The vibration is making its way into your arms and into your fingers and out of your fingertips to the universe. The flow has found your heart and you have found it and reminded yourself you are love.



Imagine yourself in a serene and beautiful garden. The air is filled with the scent of blooming flowers, and the gentle sound of a bubbling stream soothes your senses. Feel the warmth of the sun on your skin as you walk through this tranquil place.

As you walk, visualize a small stream beside you. This stream represents your conscious thoughts and worries. Gently place each thought on a leaf and watch it float away down the stream.

As you continue through the garden, you come upon a serene pond. This pond represents your subconscious mind. Gaze into the clear water and see your reflection. Take a moment to acknowledge the power and potential within you.

Now, imagine that you are holding a small seed in your hand. This seed represents the message you want to plant deep within your subconscious mind. Take a moment to reflect on the behavior or belief you wish to reprogram. See it clearly in your mind.

As you continue to gaze at the seed, you notice that it starts to glow with a soft, warm light. This light represents the energy of transformation. Slowly, place the seed into your heart, feeling it merge with your very being. You are now one with the message you wish to reprogram.

In your heart, where the seed now resides, allow the message to flow from you. Imagine it spreading like ripples in the pond of your subconscious mind. Watch as the message takes root, growing stronger with each passing moment.

Visualize the behavior or belief you wish to reprogram transforming into a positive and empowering one. See yourself living your life with this new perspective and feel the sense of fulfillment and joy it brings.

As you continue to visualize this change, allow the feeling of acceptance and love for your new self to wash over you. You are now fully aligned with this positive transformation.



Let the sound carry your message up into your brain into your soul and into the universe. Breathe and give it life. Love it. Feel it in all parts of you. Let your message be carried on the sound and explore.

SILENCE

When you are ready allow your awareness to come back and expand. Thank your body for allowing. Breathe deeply. Say your message and thank your body for allowing a new way of being.

Please open your eyes and come back to our session.

CLOSING PROMPT:

What belief surfaced today that no longer belongs in your operating system?



THE KNOWING WITHIN: TRUSTING YOURSELF THROUGH PRESENCE & INNER POWER



INTRODUCTION

Trusting yourself and your body is a fundamental aspect of personal growth and well-being. It begins with developing a deep, intuitive connection with your inner voice and instincts. This involves honoring your feelings, thoughts, and desires as valid and valuable aspects of your identity. When you trust yourself, you cultivate a sense of confidence that empowers decision-making and fosters resilience in the face of challenges. This inner trust acts as a guiding compass, allowing you to navigate life's complexities with authenticity and conviction.

Similarly, trusting your body is about recognizing its innate wisdom and capacity for healing. It involves listening to bodily signals, respecting its limits, and nurturing its well-being through mindful practices such as nutrition, exercise, and rest. This trust encourages a harmonious relationship between mind and body, promoting overall health and vitality. By embracing trust in both yourself and your body, you embark on a journey of self-discovery and empowerment, where each decision and action becomes a reflection of your inner strength and commitment to personal wellness.

GUIDED MEDITATION

Settle into a position that feels safe and supportive. You can be seated or lying down—whatever allows your body to let go and your breath to flow freely. Gently close your eyes.

Begin by arriving. Feel the weight of your body connecting with the surface beneath you. Notice the pull of gravity, holding you here. Steady. Supported.

Take a deep breath in through your nose... and let it go slowly through your mouth. Allow your shoulders to soften. Let your face relax. Feel your jaw loosen, your brow smooth.

Now let your breath return to its natural rhythm. You don't need to shape it—just observe. Inhale... and exhale. Each breath a quiet returning to yourself.

With each breath, feel yourself dropping into presence. Into stillness. Into the deep intelligence of your body.

Notice what's here, right now. Sensations. Sounds. The rhythm of your breath. You may feel tension or ease, warmth or coolness, stillness or movement. Whatever arises, just notice it. No need to label. No need to change.

This is where trust begins—not in the mind, but in the body. In the felt sense of being. Of breathing. Of being alive.

Bring your attention to your center—your belly, your core. The space behind the navel. Let your awareness rest there. Imagine this as a quiet center of strength—a place within you that simply is. Unshaken. Unmoved. Always present.

You don't need to understand it. Just feel it. This quiet power within. This rootedness that doesn't need to prove anything. It's always there, whether you're aware of it or not.

Breathe into this space. Let it expand gently with each inhale and settle more deeply with each exhale.

Feel into the quiet confidence that comes from being present. You don't have to explain it. You don't have to earn it. It's simply yours. A knowing that lives in the body, not the thoughts.

Allow yourself to rest in this space. In your breath. In your groundedness. In the steady pulse of your own energy. Trust doesn't need to be loud. It can be quiet. Subtle. Rooted like a tree beneath the surface.

Now, gently expand your awareness. Feel the strength in your spine. The steadiness in your legs. The softness of your hands. Let your whole body be part of this experience of trust—alert and relaxed at the same time.

If doubt or restlessness arises, that's okay. It doesn't mean anything is wrong. Let those sensations move through you, like waves passing through water. Let your breath carry you back to center. Back to your body. Back to the quiet power that's always been here.

SILENCE

Take a few more breaths into that center—deep, steady, full.

And then, slowly begin to return. Feel the surface beneath you. Wiggle your fingers and toes. Maybe roll your shoulders gently or stretch in a way that feels natural.

When you're ready, open your eyes. Let the light return gradually.

Carry this grounded sense of trust and quiet strength with you. You don't have to hold it tightly. Just know it's there—within you, always available, always alive.

CLOSING PROMPT:

What did you realize you already knew—but needed to hear again?



ABOUT THE AUTHOR – DOROTHY TANNAHILL-MORAN

CERTIFIED SOUND THERAPIST, AURRAS

www.aurras.com



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.

