
Rooting Meditation

May I share in your Attention - One and All!

I invite you to take - Three! - Slow! - Deep! - Breaths!

Feel your Connection with your Mind - Body and Spirit!

Plant your Feet firmly on the ground! - Feet Apart!

Close your Eyes - And Relax!

Clear your Mind and let any Tensions Flow down through your Body and
Rest at your Lower Abdomen!

Slowly but surely! - You begin to feel the Swirling Pool of Energy as it
starts to move slowly downwards!

Through your Limbs and Sinking into the Soles of your Feet!

As you relax! - You begin to feel the Energy pushing!

Reaching down into the Earth - Spreading Deeper!

Like the Growth of a Trees Roots and You Feel your Grounding!

Visualise the Deep - Dark World within yourself and Feel the Connection
with the Earth's Energy as your Roots push Deeper and Deeper into the
Fertility and Nourishment of the Soil as the Energy Flows through you
and out into the Earth!

With the Release of the Flow - It brings you Calmness!

An Inner Peace! - - - And a Letting Go!!!

As you breathe! - - - Slowly and Deeply!

You begin to feel the Energy of Potential feeding your Roots!

You feel your Connection with the Earth and The Energy of the Bond of Unity! - You begin to feel the Energy of Physical and Spiritual growth!

Feel the Energy rise and pump like a Pulse of Life-Blood up and around your Body - Flowing like a Stream of Light!

Stored within - As a Fuel for the Dark Half of the Year!

And the Time for Contemplation it brings!

Food for Thought and the Spirit Within!

Let us Join Hands and Feel the Connection - One and All!

By

Hawk Elderin
