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## THE SEED MEDITATION!

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May I call your Attention – One and all!

I invite you to take Three – Slow – Deep Breaths  
And feel your connection with you Heart – Mind and Spirit!

Plant your feet firmly on the ground – Feet apart,  
Close your eyes and relax!

Imagine you are a Seed,  
A Seed Full of Potential,  
A Seed of Birth – Growth and Renewal,  
A Seed Bursting with Life!

Plant your Seed,  
Feel its Energy within and Without,  
Feel the Connection with the welcoming Warmth and Comfort  
Of the Living Earth and the Cradle of Hope and Expectation,  
Deep in the Still Centre of your Being!

Within us all we Harness the Element of Water,  
The Movement of life  
And the Flow to our mind and our Emotions,  
Our Bodies and Spirits,  
With the Flow of Water within and without!

We Conceive the Seed of Inspiration,

We share the Drink of Life and Feel the Energy of Germination,  
The Seed begins to open!

Feel the Growth of your New Shoot – Pushing its way,  
Up through the Sanctuary of the Earth and reaching for Life,  
Heading for the Light!

Within we Nurture the new shoots of Expression,  
Influence and Inspiration,  
We feel the Energy and the Spark of Creativity!  
We Feel the New Shoot of Growth,  
Pushing up above the Soil and out into the Light,  
Gently reaching and slowly unfurling Life's first Leaf,  
Reaching out like an opening hand,  
To greet and Bathe in the Warmth,  
The Passion and Energy of the Sun's Rays!

Feel your Roots,  
Sprouting – Reaching – Stretching,  
Slowly into the Rich Fertility of the Earth,  
Taking up the Nutrients and feeding on the Essence of Life!

The Elements weave their complex web of Influence,  
Moulding the Living of our Lives,  
All that we need is given!

Feel the Energy of Growth,  
The Honey Golden Glow of Light and Wellbeing,  
Sharing in the Energy of the Earth!

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

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