



Video Transcript

Goddess Lakshmi Visualization Meditation for Receiving Love, Joy & Abundance

Welcome to today's video. My name is Amy Sarjan and this is the wonderful Gaia goddess. And today we're going to go through a visualization to connect to the goddess Lakshmi. This is all about opening up and allowing yourself to understand how to receive. So I invite you now to begin by closing your eyes for a moment, placing your hands on your chest and just becoming aware of your breath. In through your nose and out through your mouth. Just allowing yourself to drop into this moment, letting go of any stresses or concerns about the day, future or past, and dropping into your body. And from here, I invite you to come into a fish pose as we move through this practice today. Placing a pillow underneath your back, allowing your legs to go straight. Arms beside you. Leaning back, opening up your throat and allowing your heart to be open. You can even use a blanket if you want to cover yourself. And if at any time in this, you feel you need to adjust your position. You can bend your knees if you want to or if it gets really uncomfortable. each inhale to draw you down into your body more in each exhale just allowing any tension in the body to release inhale dropping more into the body exhale Exhale, releasing any tension.

Inhale, dropping deeper into the body and
exhale, allowing all tension to release.
And as you continue to breathe in this way,
you can close your eyes if they're not already closed and begin to imagine a
beautiful lotus above you and upon this lotus you see the goddess Lakshmi as you
look at her you see radiance you feel her presence and awe peace a sense of grace
yet at the same time a sharp clarity and
as she looks at you she
says to you my dear you say you want to receive but can you handle the
responsibility of receiving,
joy without fear, love without chasing,
abundance,
without fear of losing.
She places her hand down into your heart And as she does,
she pulls out a stone.
You see the stone. Look at this stone. Observe it.
What colour is it?
What does it look like to you?
And Lakshmi tells you, this is your barrier to receiving.
Take a moment now to start this dialogue with Lakshmi as she guides you into this
block that is stopping you, receiving good in your life.
And then slowly,
you see her sit upon her lotus once more. Her hands in front of her with a
smaller lotus placed in her hands
and she moves one hand over to the side and begins to make a motion circular above
you with the other hand and you see all of a sudden a beautiful pink mist coming
from her hands
and as it comes she invites you to begin to focus on your breath once more
breathing in this beautiful pink mist and exhaling letting go of any resistance
within the body breathing in the pink mist exhaling let go of any tension and
resistance in the body
continue in this way inhaling the pink mist.
Exhale, release all tension from the body.
Inhale,
pink mist.
Exhale,
release all tension from the body.
And as you do this, you begin to notice your body becoming like soil.
Slowly,
becoming fertile.
Inhale in the pink mist.
Exhale, releasing all tension
and slowly Lakshmi guides you to focus on the points in the center of your body,

the chakras. She guides you down to the root just above your thighs and as you breathe in the pink mist and as you exhale she invites you to say I do not need to grip
breathing in the pink mist again and moving up to the sacral chakra just below the navel,
she invites you again to say, I am safe to receive,
moving the energy up now to the solar plexive, breathing In the pink mist,
exhale in, I am not waiting, I am preparing.
Inhale in the pink mist, moving up to the heart center.
Exhale in, I am worthy of love.
Inhale in the pink mist,
exhaling.
I am worthy of good things.
Moving up to the third eye, breathing in the pink mist.
Exhaling,
it is safe to soften,
Inhale in the pink mist,
going up to the crown chakra at the top of the crown of the head. Exhale in,
I do not fix,
I allow.
And Lakshmi encourages you to continue in this meditative state.
Breathing in this pink, nourishing mist.
Breathing in this pink nourishing mist.
Exhaling, moving right back down to the center again.
I do not need to grip. Inhale in the pink mist,
moving up to just below the navel.
Exhale.
I am safe to receive.
Inhale, moving up to the solar plaques. I am not waiting.
I am preparing.
Inhale, moving up to the heart. I am worthy of love.
Inhale, moving up to the throat. Exhale, I am worthy of good things.
Inhale, moving up to the third eye.
Exhale, I am safe to soften.
Inhale, moving up to the crown.
I do not fix. I allow.
We will continue just for a few minutes now to repeat these affirmations As we move slowly, imagining the energy, moving through these centers,
opening them up. Breathing in, I do not grip.
Exhale, moving up. Breathing in. I am safe to receive.
Exhale. Breathing in.
I am not waiting.
I am preparing.

Moving up to the heart. Breathing in. I am worthy of love.
Exhale.
Giving up to the throat. Breathing in. I am worthy of good things.
Exhale, moving up to the third eye. Breathe in in.
I am safe to soften.
Exhale, moving up to the crown.
I do not fix. I allow.
I do not need to grasp.
I am safe to receive.
I am not waiting.
I am preparing.
I am worthy of love.
I am worthy of good things.
I am safe to soften.
I do not fix. I allow.
And one more time, I do not grasp. I am safe to receive.
I am not waiting. I am preparing I am worthy of love I am worthy of good things
I am safe to soften I
do not fix I allow and
as you continue to breathe suddenly you see Lakshmi kneeling beside you lotus in her
hands and she looks at you with a wonderfully nourishing look and says my child
what is it you want
ushering you for a response
take this time to consider what it is that you want to receive
and then she smiles at you and asks you once more now
You may want something, but you may need something different.
Allow yourself to have this dialogue with Lakshmi as she sits,
kneels beside you.
And then slowly she moves her hands in front of your now fertile soiled heart and
places this beautiful lotus within your heart.
Take a moment and a breath
to acknowledge what you have now received.
Now slowly, Keeping in the state that you're in connected to Lakshmi.
Just slowly begin to sit up. You can keep your eyes closed,
moving your pillow or bolster to the side. You're into a seated position
As you imagine Lakshmi now sitting behind you,
placing her hands on your shoulder blades.
As she says to you,
now you have softened to receive, how do you stay protected?
Ponder this question for a moment.
How do you keep your heart open whilst also protected?
Allow Lakshmi to speak to you about what you specifically need to stay protective
and

then begin to see Lakshmi moving her hands as if she's guiding your energy downward
As she says to you, your presence is how you protect yourself.
Stay with your energy, stay with yourself, trust yourself my child.
And then she sits in front of you once more,
smiling in the most loving way.
If there is anything more, you feel you need to ask her or you would like to
share. Take these last few moments to commune,
connect,
and allow her to guide you into what it means for you to receive
and then slowly you begin to see her disappear into that beautiful pink mist.
I invite you now to place both of your hands onto your chest or heart centre.
As we begin to come to the end of this practice today,
Become aware again of your breath
and all that has been shown to you today.
And slowly, when you're ready,
just begin to roll your shoulders, wiggle your toes or stretch your arms.
And gently open your eye.
You've just gone on a journey of meeting the wonderful goddess Lakshmi,
learning how to receive. I encourage you now to, if you have a journal and a pen,
go and write down everything you have learned. And know that at any point you can
come back to this if you need to learn more how to receive. My name is Amy
Sargent and this is the wonderful Gaia goddess. Thank you so much for joining me
today.