



Video Transcript

Meditation To Activate Your Light Channel

Welcome to this guided meditation for connecting to the central light channel as a means to promote healing and well-being physically, mentally, and spiritually. Find a quiet and comfortable place where you can relax without any distractions. Sit or lay down in a position that allows your body to be fully supported. Take a moment to adjust your body and settle into a position that feels comfortable for you. Once you're ready, we will begin.

Take a deep breath in, fill the lungs with fresh air and slowly exhale release any tension or stress from your body

notice any parts where the body is lifting or tensing away from the gentle pull of gravity invite those muscles to soften shoulders melt away from the ears the hands unclench and the mask of the face is released as the brow unfurrows the jaw unclenches and the eyelids feel a little heavier

allow the breath to settle into a natural and relaxed rhythm

shift your awareness

your desires

this light represents a connection to all light on earth and all light within the cosmos with

each breath in the light at the heart center grows brighter and brighter and more brilliant

As you exhale, this light can be directed to any parts of the body or being.

Take a deep breath in. Feel the light at the heart center shine.

And as you exhale, imagine this radiant light flowing from the heart center down past the belly. Spiral.

take another deep breath in the light at the heart center shines bright as you exhale once again the light travels down the body down the spine down past the legs down through the feet and this time all the way down into the earth this light reaches the center of the earth this light reaches the hot core this is the place of immense energy and wisdom within the earth center this is the light that allows all life on earth to continue for the earth to spin and for life to be regenerated and renewed feel the loving and nurturing energy of the earth begin to rise up from the core back through the ground back up through the feet Take a moment to observe the sensations in your feet as the earth energy starts to rise.

Become aware of any areas of continued tension or discomfort. And with each breath, allow the nurturing energy of the earth to dissolve this tightness and discomfort, the energy of the earth continues to ascend up into the body, moving through your legs. Allow it to relax and release any tension in your calves, your knees, and your thighs. Feel the earth energy supporting and nourishing your mouth.

the earth energy flowing through this area releasing any stagnant energy or blocks a sense of grounding instability spreads all throughout the pelvis and lower body with this grounding and stable energy you feel safe

Continue to guide the earth energy as it rises through your torso, nurturing your organs, and filling you with vitality. Allow it to ease any tension in your back, your chest, and your abdomen.

Feel a deep sense of relaxation as the energy continues to move upward now bring your awareness all the way up once again to the heart center and feel the energy of the earth flow out into the arms

The energy covers the shoulders, the upper arms, the forearms, the hands, the fingertips, and all the spaces in between.

Allow this energy to relax and rejuvenate your muscles and release any strain.

Take a moment to notice the sensation in your hands as the earth energy reaches the fingertips.

Feel the tingling and warmth as the energy nourishes every cell in your hands.

Embrace a sense of serenity and balance as if you were holding light itself within your palms the

energy of the earth flows back up through the arms and reaches the heart center once again

feel the energy of the earth combine with the energy and light of the heart center feel the harmonious integration of earth's grounding energy and your heart's loving presence

take a deep breath in and slowly exhale

breathe in deeply once more and feel the light at the heart center which is now infused with the grounding energy of the earth grow brighter brighter and more brilliant this time on the exhale energy is sent from the heart center up into the

throat relaxing the neck all the way up into the ham
brightly.

On the exhale, direct this energy upwards once again.

Through the face, through the head, out through the crown,
up into the sky, all the way to the sun.

The sun represents the divine energy of life. and the
traveling back down through the sky back down through the crown of the head and
merge with the light once again in the heart center

feel the warmth and vitality of the sun's energy infusing every part of your being

As the sun's energy merges with the heart center,
visualize it flowing back down through the body, back down into the channel,
into the center of the earth.

From the center of the earth, earth energy travels back up through the body,
back up through the heart, through the crown of the head, through the sky,
all the way to the sun, and back down again.

Feel the body as a channel of light which connects the energy of the earth and the
light of the sun.

Experience the interconnectedness of the earth and the sun and their energies as they
unite within the heart center the

sun's energy descends upon you and here you can invite it to travel to any parts
of the body that need the most healing allow

this light to flow through the head

Feel the sun's energy illuminate an 1 ,000 petal lotus that unfolds.

This lotus represents your sense of intuition and insight.

In this moment, you receive the wisdom that all life on Earth is connected in a
web that cannot be broken.

In this moment, you are the center point of all life and light.

You have the potential to bring forward healing, physically,
mentally, and spiritually, upon yourself. And upon all those in your life for you
are connected to the central light channel and this channel can never be broken
bask in the light of the central light channel

take a moment to fill yourself with a sense of peace and balance

rest in this state of deep connection and healing for a few more moments

breathe gently and allow the earth and sun energies to continue to flow through your
Central Light Channel, nurturing and restoring you on all levels.

As we approach the end of our meditation, I invite you to place one hand over the
other on the heart center.

Perhaps you can even feel the heart beating beneath the palms

express a sense of gratitude for yourself and for this space you have created to
connect

know that you can return to this heart -centered central light channel at any time
to reconnect with your inner source of healing balance and interconnectedness of the
earth

beautiful or something that brings you joy
carry the sense of peace and alignment with you as you continue throughout your day
thank you and be well