



Meditation: Shine-ing & Encourage-ing

This mediation will guide you to your inner light.

When your inner light radiates its shining colors, your life will also shine spectacularly.

Breathe in deeply through your nose and softly allow your body to fill with healthy oxygen.

Don't force anything.

With every breath out you let go a little more.

Feel your breath come and go naturally.

Now turn your attention inward. Be here and now. This is your moment.

With the next inward breath, dive into your body and focus on the area of your navel chakra,

located three finger-widths below your belly button.

Deep under the skin here, you find a powerful vibrating orange light.

Follow your breath to the navel chakra, to your orange light source below your belly, light that's ready to expand.

Notice it without wanting to change it.

This light provides your inner courage and strength.

Here is a flame of your creation power.

Breathe into this light and see how it kindles. Still, don't try to influence it in any way.

Feel that your complete soul and wholeness is present inside and outside.

Everything you are is present in this moment and every other moment.

With this awareness, let your attention rest on your orange light source.

Now begin to form an orange-coloured sphere of light.

Let it grow to the size of an orange.

This is a powerful source of concentration within.

With the next inward breath, your sphere begins to rotate clockwise around your belly button.

If you now notice any tension in your body or emotions, just breathe it into the rotation. Let it be.

The sphere moves in regular, uniform circles around your belly button and spreads its energy, its warmth and power, without losing its shape or intensity. All tension in this area starts to melt and the muscles relax.

Now the sphere speeds up, first gradually and then faster.

You do not control; you let the fire spread its energy.

Your belly is heated up and entirely warmed. You feel the fire inside.

You feel it getting stronger as the movement speeds up. Support it with your breath.

At the highest speed the sphere comes to the belly button and rests.

It dissolves and spreads its orange coloured energy around the whole area.

Warm orange light sinks into your body. First into your belly then into your pelvis.

Support its movement with your breath filling up your legs until it reaches your toes. It streams upward into your chest and fills your lungs, shoulders, arms. It fills every finger with warmth. The orange light warms up your back and spine, it fills your throat and your head.

This powerful energy spreads from the belly through the entire body to each cell. It is warm and tranquilizing, a powerful orange light. Your body is now entirely orange.

Notice it and enjoy it. The orange takes on your particular colors: it may be soft and gentle or bright and funky, whatever feels good for you.

With your next inward breath the orange light centred in your navel chakra expands, overcoming your own bodily limits and fills your aura, the subtle light of your soul that surrounds you.

Feel your aura as a space outside of your body that is now filled with orange light. Inside and outside of you is orange light.

You feel good and strong in this light.

With the next breath in the orange light expands and fills the physical room you sit in.

A landscape opens and you walk through.

A strong space surrounds you, supporting you with strength and courage.

The whole world here is action space for your Encourage-ing. It is filled with nourishing orange light.

You are this moment. You feel this powerful source within you. Step into this feeling.

Now remember what action you want to take.

What is the next step?

What do you want to make happen?

You feel the orange light that provides you with courage and strength.
The power of alignment is with you.
Do not visualize, do not imagine! This light is real.
It's the source of creation within you. It is you.

Your intention gets very clear; you just need the next step.
You clearly remember how the orange light connects you with the flow of life on earth, the movements of all movements.
Feel the power and inner tranquility. The movement comes naturally.

Now you either get up to take your courageous step right now, or you may rest with full trust that the right moment will come.
Enjoy the room till you have fulfilled your next step into your power.
All the support is here, the universe and earth holds you.
Do what you said you want to do.

Knowing this, you take a deep breath and return to the surface of your consciousness. Softly open your eyes.
Feel the space still with you and know that it will stay with you until your encourage-ing action is complete.

The source lives within you.
When you have done what you said you will do, the orange will naturally return to its natural, contracted state.
Expansion is only needed to move.
The orange returns to its center and for some moments you rest and enjoy the inner tranquility.

Now the possibilities of life are flowing. Stay open. Life will answer.