

# Heaven and Earth Meditation



This meditation is helpful for reinforcing self-love and a feeling of safety.

1. Sit comfortably, close your eyes, and take a few deep, relaxing breaths. Let go of your everyday thoughts and put your attention on your breath for a moment.
2. Picture a glowing liquid flame, like lava, in the center of the earth. This is the life-force energy of Mother Earth.
3. Imagine the loving energy of this flame flowing up from the center of the earth to the ground below you. See it entering your body through the soles of your feet. Feel the energy move up through your legs, your pelvis, your stomach, and into your heart. Let the life-force energy of the earth rest in and nurture your heart.
4. Take a few deep breaths and feel your heart for another moment, experiencing this energy filling and expanding it.
5. Now, picture high above you a golden luminous light, like the sun. This is the life-force energy of the heavens above, Father Sky.
6. Imagine this loving, grace-filled light flowing down from above, entering your body through the top of your head. Feel the life-force energy of the sun move down through your head, neck, shoulders, and arms, and into your heart. Let this luminous energy of the heavens rest in and nurture your heart.
7. Take a few deep breaths and feel your heart for another moment, experiencing this energy filling and expanding it.
8. Picture these two energies that are both resting in your heart, merging together into oneness, creating a sphere of radiant golden love. Feel the merged energy of the earth and the sky relaxing and melting your heart open. Let the sphere of golden love expand through your body.
9. Now imagine that your heart is a golden bowl open to receiving all of the love and blessings that are coming to you today. Sit for a few minutes experiencing this openness and love. Know that you are precious and cherished, just as you are.
10. Gently bring your attention back to your body, wiggle your fingers and toes, and then slowly open your eyes.

*(Adapted from Marci Shimoff's "Love For No Reason")*