



Begin all meditations with an Intention.

I always begin with one (1) intention. These are three intentions I often use:

to simply be PRESENT

to CONNECT to all the support around me

to receive GUIDANCE from my High Self

5 Techniques

1. Ujjayi Breath

Ujjayi Breath is highly calming. Due to the sound, and also the open throat, you will receive more oxygen per breath which assists the body in balancing. The sound is somewhat like listening to something breathe on SCUBA.

Open the back of your throat and breathe through your nose. Allow yourself to make noise against the back of your throat. It's kind of like singing "ah" backwards, and with your mouth closed.

2. Body Scan with Light

Do a very slow body scan. Begin with your eyes closed and move your attention through your body. Start from your toes and scan on up to your head. When you reach the top of your head, allow your Crown Chakra to open and receive LIGHT ENERGY. Let the light come in to you gently and fill your heart. Know you are loved. (For the full effect, go slowly, and deepen into the sensations as you go. This can take around 5-7 minutes.

3. Heart Breathing

"Breathe into your heart." Do this a few times, and then with every in-breath, imagine your heart energy starting to expand. So it's as though with every in-breath, you are filling up your heart just a little bit more (kind of like how you'd blow up a beach ball), and your heart stays nice and expanded when you exhale. (Nice and gentle.) Allow your heart to expand out to your aura, then a little beyond if it feels good. Know that you are connected to all things. You belong.

4. Connect with Your High Self

Breathe, and imagine your High Self just above you. They are sending you light and love energy. Ask them to shower you with their love. Feel your head, neck, heart, torso, arms, pelvis, legs and feet all filling up with their light. Bask in the Light. There is nothing else to do but breathe in light and allow yourself to feel the sensation of this loving light energy. If you like, you can add a gentle body scan noticing what you sense as you allow your cells to mingle with the Light.

5. Chant

Chant “Ohm” for 10 minutes. Allow the breath to breathe YOU. Play with the sounds and listen to the nuance of the “O” as you move your mouth into the “M” part of the Ohm. Repeat many times and let yourself relax around the breathing and the chanting. For a variation, you can chant “Aum” and see which one you like more.

6. To support your meditation with other types of sound, check out these from these other sound producers:

Sound Healing with BrainSync

Binaural Beats Meditation

*Note: Whenever listening to binaural beats, be sure to use headphones/headset! Without a headset/phones you will not receive the full effects.