

Solar Meditation



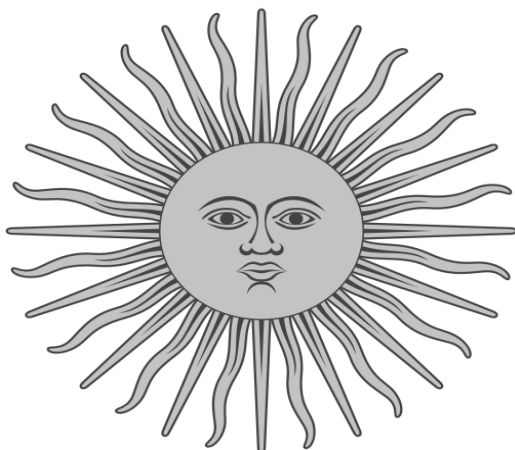


Solar Meditation

As we all know, the energy that emanates from the mature stellar beings has different effects on our energy systems, our sun is no exception. The liveliness that comes from the sun is a big part of our lives and life on earth itself ranging from heat and light to spiritual nourishment. Because it is coming from our own Solar Logos, its energies are easily absorbed by us.

The purpose of this meditation is to channel the energies of our Spiritual Sun into our lives bringing understanding and wisdom through this ritual practice.

Our Spiritual Sun is an embodiment of the universal body of truth, which is now being returned to our world through this period of great transformation. Through the “Vault of the Divine Mind”, it is now systematically and mindfully being returned.



Recommendation

Sit outside on a bright sunny day (other days work but you get more effect from a bright sunny day which helps you focus the energy through feeling the warmth etc).

Enter a mild trance, with means your level of focusing, or the depth, does not matter during this meditation, but if you can easily enter a deep trance then do so.

Picture the light from the sun and everywhere around you from everything you see, radiating towards you and take a deep breath. As you do this, envision the energy flowing into you and brightening yourself with sunlight. Imagine yourself getting brighter and brighter with each breath you take.

The number of breaths does not matter as you will feel happier and healthier as you take each added breath. If you have too much you may feel lightly nauseous and this is when you can stop. A good amount is around 30 breaths though if you can do so you can reach several hundred.

Procedure:

1. Sit outside and face the sun. **With the eyes closed** to prevent sun damage, look directly into the sun while



- shielding the sun with one's eyelids. Do not wear sunglasses.
2. Inhale deeply and then exhale slowly. Allow the sun to enter the pineal gland in the center of one's head. Imagine the warmth of the sun filling first one's head, then entering your blood stream and journeying throughout all your meridians and then spreading down the core of one's spine.
 3. Inhale deeply and then exhale slowly. Imagine the core radiating out to fill one's entire grid work from head to toe with the vibrations of the sun. Breathe slowly in and out as this is occurring.
 4. Inhale deeply and then exhale slowly. Move the fire of the sun through each meridian in the form, opening and cleansing each to the best of one's ability from the bottom of the feet to the top of the head and through the arms and hands. Ask your angles and guides to perfect this work, through the Law of Grace.
 5. Inhale deeply and then exhale slowly. Blow the fire of the sun beginning with the chakras under the feet leading to the aurora in the center of Earth.

Imagine an inferno raging under you as you clear out everything with the fire element that is in the grounding energy



flow.

6. Inhale deeply and then exhale slowly. Now move the fire through the feet knee and hips chakras, along with the three chakras that sit under the hips. Imagine that you have an inferno raging from your hips down and clear out everything that no longer resonates.
7. Inhale deeply and then exhale slowly. Next move fire through the major chakra centers above the waist through the top of the head. Imagine the upper body becoming an inferno raging from your waist unto the top of your head.



8. Inhale deeply and then exhale slowly. Now push the fire through the chakras above the head leading to one's source. Imagine an inferno raging above the head clearing anything or anyone interfering with your connection to your Oversoul.
9. Inhale deeply and then exhale slowly. Intend to increase the pace of field rotation now to spin off the density as there is enough fire to do so. Take many deep breaths inhaling and exhaling as you spin up the field.
10. Inhale deeply and then exhale slowly. As you complete, intend to slow the field back down to a comfortable pace of field rotation. Now fill the field from the grounding chakras through the chakras above the head with the element of heavenly waters to wash away the ashes of that which was transmuted with the fire element in working with the sun.
11. Inhale deeply and then exhale slowly. Now fill the field from the grounding chakras through the chakras above the head with the element of air to blow away that which no longer resonates in your life dance.

12. Inhale deeply and then exhale slowly. Now fill the field from the grounding chakras through the chakras above the head with the element of earth to connect with a larger body of the consensus that you are a part of. Intend to allow the global patterning associated to be pulled off that is not one's responsibility to transmute as a single human.
13. Inhale deeply and then exhale slowly. With intention, synthesize the field into a rainbow of tones from densest to lightest in color. This will have the affect of releasing anything remaining that is not your own to clear.

