

Sun Meditation for Healing

By Judy Fulop and Julie Lusk

Time: 10 minutes

In this script, participants experience the healing power and energy of the sun as they imagine it warming and relaxing them.

Script

Please close your eyes and take some time to go within yourself to settle your body, mind, and heart. Feel free to use whatever method works best for you. For example, it may be focusing on your breath, meditating, stretching your body mindfully, or using a sound, word, image, or a phrase as a mantra to become centered...Take your time...allowing yourself to become more and more at ease with yourself.

Pause

Allow yourself to become as relaxed and comfortable as you can...Let your body feel supported by the ground underneath you.

Slowly begin to see or feel yourself lying in a grassy meadow with the sun shining it's golden rays gently upon you...Let yourself soak in these warm rays ...taking in the healing power and life giving energy of the sunshine.

This magnificent ball of light has been a sustaining source of energy for millions of years and will be an energy source for millions of years to come...This ancient sun is the same sun which shined down upon the dinosaurs...upon the Egyptians while they built the pyramids... and it now shines upon the earth and all the other planets in our solar system and will continued to do so.

As the sun's rays gently touch your skin, allow yourself to feel the warmth and energy flow slowly through your body...pulsing through your bones...sending healing light to your organs ...flowing to your tissues...recharging every system...and now settling into your innermost being...your heart center.

Sense your heart center glowing with this radiant energy. If you wish, give it a color...Take a few moments to allow this warm and healing energy to reach your innermost being... physically...emotionally...mentally...and spiritually.

Pause for 30 seconds

As this healing energy grows and expands, allow yourself to see, feel, and sense this energy surrounding your being...growing and growing...Allow this energy to further fill this room... this building...surrounding this town...spreading throughout our state...to our country...and

out into the worlds...and finally throughout the universe...reaching and touching and blessing all.

Pause for 30 seconds

You may share this healing energy and power with anyone you're aware of right now... Mentally ask them if they are willing to receive this healing energy...If they are...send this source of healing energy to them...giving them the time they need to take in this energy and make it theirs in their own heart center.

Pause for 30 seconds

Now take your attention back to your own heart center...Find a safe place within you to keep this healing and powerful energy...a place to keep it protected and within your reach...Give yourself permission to get in touch with this energy whenever you wish.

With the warmth of this energy in your being, begin stretching, wiggling, and moving...Slowly open your eyes, feeling alive, refreshed, keenly alert, and completely healthy.

Repeat the above instructions until everyone is alert.