

ALCHEMY ELEMENTAL MEDITATION

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1. EARTH Observation of Breath Meditation

Anapana Sati. This meditation on in-and-out breathing, is the first subject of meditation expounded by the Buddha in the Maha-satipatthana Sutta, the Foundations of Mindfulness.

This is an awareness of awareness without changing any thing. Learning how to pay attention.

2. WATER Gratitude Meditation

Say to yourself, "I am so grateful for...."

Then list your gratitudes or let them come in.

3. FIRE Empty Out the Residue Meditation

Say to yourself "May I be empty so LOVE flows through me"

Repeating this over & over to cleanse the channel to be a clear conduit of love.

4. AIR Forgiveness Meditation

Say to yourself "I forgive myself for..."

By practicing forgiveness every day you learn how to forgive.

5. ETHER Seeking Support of Guides Meditation

Open up to something bigger than you. Feel your energy rise up through and beyond the 7th chakra, beyond the aura the 8th chakra all the way to The One source of all Love. Ask your Guides, Guardians, Angels, Ascended Masters, Great Spirit for help by saying....

"What would you have me know? or What would you have me do?" Then simply go into the great listening for as long as you want to meditate.



What you can learn from me is "Authenticity and joyful self-confidence in living YOUR dharma." With more than 12,000 hours as a Yoga Teacher, I have been inspiring happiness, global awareness, and joyful living in students for over fifteen years. You'll find my published writings read by thousands all over the world as seen in Mind bodygreen, Mantra Magazine, Huff Post, Do You Yoga, Psychology Today, Gaia, Wanderlust and more. **Most importantly I know it's possible to transform your trauma to dharma and transmute your drama to dreams.**

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