

Going Deeper-Meditating on Planets and Star Energy

“For thousands of years, in all cultures, people have been meditating on their favorite stars. Many rituals have also been focused on these heavenly bodies. By gazing at certain stars, breathing in their energy and directing that energy to certain areas of the body, profound change is available. An intention or thought of gratitude and connection can also greatly serve this process. Not only can the stars and those sentient beings that dwell amongst them broadcast thoughts and energies directly to us in a quick manner but we, too can send our thoughts and feelings to them. Star meditations can benefit most, and in combination with the appropriate star/planet/nebulae/galaxy elixir, the effect can be felt exponentially. A simple message was given from those who helped shape and guide this project: **“Join us. Find your peace. Understand your lessons and awareness so that we may share in your love you may share in ours.”**-Stan Deland, Pegasus Products



Big Dipper Meditation

“By approaching the night sky with fresh eyes you become more intimate with the world. Learn now to cultivate non-conceptual awareness when looking at nature.”-Mark Coleman

Enjoy this stargazing mediation here: <https://www.yogajournal.com/meditation/star-power>

Once you practice this meditation, you can apply this technique to other constellations-seeing the stars without their associated imagery, taking in the simple reality of what is.