

## Guided Matrix Meditating

*In between each sentence be silent for a moment so you can take into you mind what is being said.*

Find a quiet place, where you will not be disturbed, somewhere you can be comfortable and relaxed.

Sit down with both feet on the ground. Place the backs of your hands on your thighs, palms facing up and hold your first finger and thumb together.

Concentrate on your breathing

Slow deep breaths in & out through your nose.

Now gently tuck your chin in so that your head is slightly tilted forward.

Sitting comfortably, begin to relax taking slow, deep breaths

Concentrate on the air that is now entering your body.

Slowly in and out.

[30 seconds silence]

Breathing in & out begin to feel the air as it glides through your nose

[30 seconds silence]

Notice how your body slowly moves to the rhythm of your breath and how your breath flows in to your body.

Relax in to your inner self and be at peace.

[10 seconds silence]

With every in breath absorb all the earth's positive energy and with every out breath release any negative energy.

[30 seconds silence]

Breathing in & out through your nose.

Focus your attention to the top of your head, to your crown

And release any stress or tension.

[ 5 secs silent]

Now focus on your neck and shoulders,

And relax, letting go on any tension that may be stored in this area

[5 secs silent]

Bring your attention to your back and to your lower back,

And release any tension

[5 secs silent]

Breathing in and out

Now focus your attention your lower body, from the tops of your legs to the tips of your toes.

And let them relax and be free

[ 5 secs silent]

Let the whole of your body relax and be free, feeling a peace and calmness throughout.

[30 seconds silence]

Let your thoughts slowly pass through your mind.

[5 secs silent]

If they return, allow them to pass and bring your attention back to your breathing.

In and out.

[Silent for about 2 minutes]

Breathe in all the positive energy that surrounds you,

and just let go

[Silent for about 2 minutes]

Hold your second finger and thumb together

Slow, deep breathes in and out

[silent for 2 an minutes]

If your thoughts return, bring your attention back to your breathing.

Empty your mind and just allow it to drift.

In and out

[silence for 2 minutes]

Now move to your third finger and thumb.

Breathing in and out

[silence for 2 minutes]

In and out

[silence for 2 minutes]

Now move to your fourth finger and thumb.

Breathing in and out

[silence for 2 minutes]

Feeling relaxed and free.

[silence for 2 minutes]

Slowly release your fourth finger and your thumb

Letting your hands relax on your thighs.

Feel the energy moving throughout your body.

Notice any colours and any feelings in your mind,

Making them bigger and brighter

[10 seconds]

Relax into it

Feel the warmth.....energy.....

Sense the light.....the colour

[silence for 15 seconds]

Feel this energy working through mind and your body.

Feel each part of your body relaxing....

Your shoulders.....your chest.....your back and you legs

Slow deep breaths.

Enjoy this feeling of inner peace & happiness,

[silent for 30 seconds]

Now take your subconscious mind to a positive place

To a past or future memory

Or to a special someone

Bring light into this new memory

[5 secs silent]

Enjoy the feelings of love and warmth from this special memory.

Take pleasure in from all the positive feelings that are attached to this special place.

Feelings of love and joy

Happiness and peace

Now hold this picture in your mind.

Embrace it

Love it

And become it

[silent 10 seconds]

Begin to make all the colours in your picture bigger and brighter.

Bring the picture closer and closer and in through the top of your head, let it connect to all the neurons in your brain.

Let all the cells know that this picture is a true reality

Now, send a signal out to every the cell in your body, letting them acknowledge and accept this new memory.

Intensify all the feelings and emotions that are attached to this picture

Get into the vibration and feeling space that this memory brings and let it radiate throughout your entire body  
[5 secs silent ]

Now send this the picture to your heart

Let all the feelings and emotions fill your heart space.

[5 secs silence]

Enjoy this feeling and love this feeling

Embrace this amazing feeling

And when you are ready release this picture out into the universe.

Now I would like you to blast it from your heart out into the universe,

In every direction

(10 seconds silence)

Now, relax with the knowledge that you have filled the universe and your mind with love and peace.

Allow your hands to gently rest by your side.

Bring your attention back to the present moment.

Be aware of any noises.

Slowly,..... start to move your fingers and toes.

In your own time begin to open your eyes

And gentle allowing your body to wake up