DEATH VISUALIZATION

“How do you feel about this process of old age? Our bodies change, just as the leaves do. Can we let go? We want you to give yourselves permission to explore these feelings during a meditation. Invite your ghost, if you choose to, to help you enter the realm of the dying and of death. At the end of the meditation, you can silently write down any fears you encounter on your journey to banish in the fire. There are paper and pens by you that you can use.

“Find a comfortable space and slowly sink deep within yourself, (ring bell) Drop a grounding cord, from the base of your perineum down, down, deep into Mother Earth. She will anchor you on this journey. Imagine yourself in a safe place. Feel your soul’s connection to you. Now, slowly begin to imagine yourself growing old; old hands, old face, old body. What happens to your body? How does it feel to be in an old body? Look into a mirror. What does your body look like? How do you feel about how you look? What is this old body of yours able to do? Are there any areas of weaknesses? What does this body say to you? Do you have pain? Are there any smells associated with the oldness? What can you eat? (pause) Feel yourself growing weaker. Who is around you? Are you being touched? Imagine you know you are dying. What does that feel like? Who is with you? Where are you as you die? Imagine letting go of your body. You are in the void. -

Allow the light of your soul to grow brighter. What do you feel, see? Who supports you? Is there a message here for you?

Give thanks.

Feel the cord of your connection to Mother Earth. It’s time to say farewell. It’s time to return to your young healthy body. Feel this body that is yours. (pause) Imagine your crown opening to allow a rainbow of light to slowly fill you. Clear, clean, healthy, a waterfall of light passes through your head, your throat, now it’s filling your chest. The light expands into every nook and cranny; scouring any muck away, pushing it down to pass out through the cord to be composted by the Mother Earth. Feel the rainbow of light sweep down your arms, swirling around your belly, in and around your female organs, down and out your legs, filling your body up with healthy, clean, crystal clear light. Feel the vibrancy of your body. It is whole.

Come back to the circle now and write down any fears you may have experienced that you would like to banish.