Meditation--Celebrating the Planting of Your New Intention

By Jennifer Roinem
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* Find a comfortable spot. Lie down or sit in a comfortable position. Close your eyes and relax. Focus on your breath. Notice your inhalations. And exhalations. Pay attention to your body taking in 5 complete breathes. Watch as your breath becomes slower and deeper.
* Find the place in heart where your love is created. Focus your attention there. Breathe into that spot. Imagine yourself sitting in the center of your heart.

Keeping your attention centered on your heart, imagine a wide column starting at your first chakra, at the base of your spine, and growing into the ground. Watch the column grow and grow until it reaches the center of the earth. Feel Mother Earth's energy of life. Say hello to her. Feel her love for you. She loves you deeply for you are one of her children. Feel her love and watch as her love fills you up inside and connects to your heart. Ask her to cleanse you of any thoughts, energies, or people that are clinging to you. Watch as her love washes your body and aura in a bath of light, thoroughly cleaning you and washing your worries down the drain. Send Mother Earth a thank you.

* Refocus your attention in your heart. Breathe into it. See the column of light connected to Mother Earth. Watch it extend straight up from the first chakra through your chakra column—growing through the 2"d chakra, the 3rd, the 4th, the 5th, the 6'1', and the 7th. See Mother Earth's energy rising up through the column and connecting with your heart. Watch as the column continues to grow out the top of your head and up towards the universe. Imagine it growing until it reaches the Great Sun in the center of the universe. Feel the energy of the center of the universe. Say hello to the universe. Feel the love for you in the universe. Know that the universe is aligned to assist you and guide you along your path. Imagine the brilliant energy of the universe flowing down the column. Imagine it filling you up and connecting with your heart.
* Focus your attention on your heart. See yourself sitting there. Watch as your energies merge with the energies of Mother Earth and the Universe. Feel the power created in the union of the three parts of this trinity. Feel the energy of the trinity flowing around your aura, through your body and up the chakra column.
* Find the center of your heart again and sit there. It is from here that you will create your intentions for the New Year. This intention will be planted today on Beltane.
* Pretend that you are a Great Creator. That you can create anything. Any dream. Any change. Any intention that you focus energy towards will grow, and be ready for harvest in Autumn. If you could do that, what would your intention be? What is that you want to be true for this year more than anything else? See your intention and be clear about it.
* How do you feel? Do you notice any people, thoughts, energies, and emotions popping into your mind? Could they be preventing you from manifesting your intention? Just in case they are trying to sabotage you, begin to collect them up. Throw them into a giant compost pile where they can decompose, rot, and be devoured by the Earth's creatures. Watch as they are transformed by these magical creatures into beautiful, dark compost rich with nutrients to fertilize your intention. Reach down and grab a handful of compost. Smell it. Earthy and musky. Feel it. Warm and moist. Cherish it.
* Dig a hole with a shovel that magically appeared at your feet. Show your determination and power to manifest this intention as you dig the hole deep into the earth. Mix the soil with fresh compost. Prepare the hole with love for this is the womb of Mother Earth that will grow your intention.
* Reach into your pocket where you will find magic seeds. Hold a seed in your hand. Imagine your intention in your heart. Pretend that you put your intention into a capsule that travels from your heart to your hand and magically impregnates the seed with your intention.
* Drop the magic seed into the hole. Cover it with rich soil and compost.
* Now that you have planted the seed of your intention into the womb, ask Mother Earth to help you care for and nurture your intention. Mother Earth will rejoice at the planting of your intention with songs of rain. The earth divas, fairies and dwarves will rejoice, singing and dancing in the night to keep the fire of your intention bright.
* Now, ask the universe to help raise your intention. Watch as the universe responds by sending forth a great ray of sunlight to warm your seed and beckon it to come to life. Feel its warmth warm your face and body.
* You are the third part required to bring your intention to life. You must nurture the seed you planted. Find a watering can filled with water sitting at your feet. Use it to water your thirsty seed. Water it thoroughly. As you watch your seed miraculously sprouts before your eyes, growing from the earth through the rich compost. Love it. Watch it sprout its first leaves. Sing to it. And watch it grow and grow and grow until it is reaching for the sun. Marvel at how quickly and easily it grows.
* By autumn it will stand tall above you. Smiling at you with its golden face. Marvel at how easy it was to grow your intention from a magic seed. See the golden flower. It is now time to reap the benefits of your planting. Cut it and bring the brilliant gold flower into your heart. Watch as your body fills with gold light and love. Know that together with Gaia and God, you created this dream from your intention. Watch as the golden light fills your entire body and aura with golden energy.
* Once you are completely filled up with golden energy, open your eyes. Slowly move your body and feel that it is real. Stretch and move.