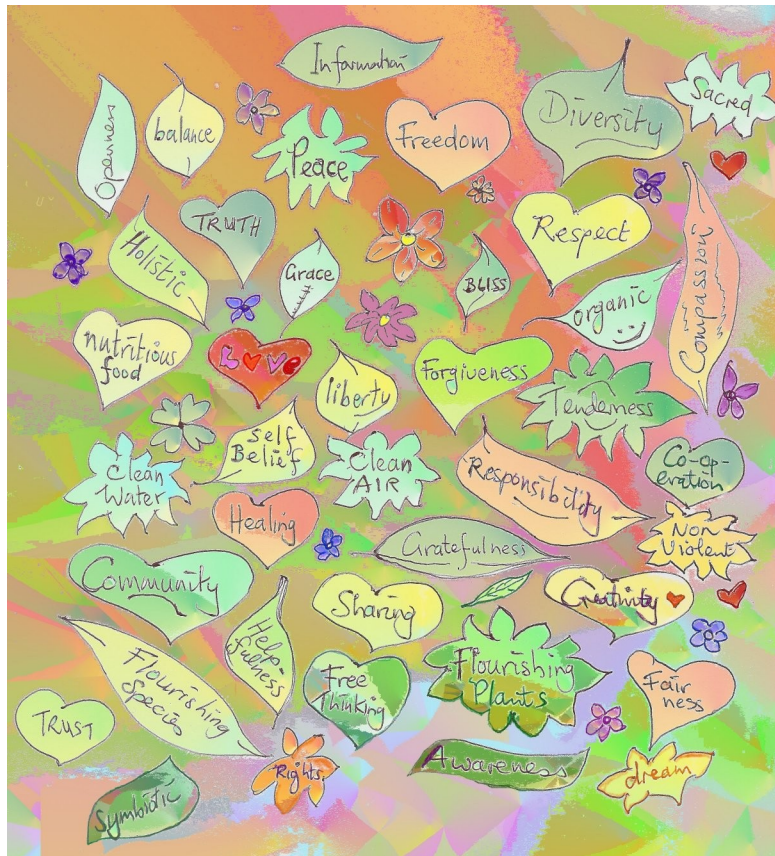


## How to use Meditation to send out Peace, Love, Healing, etc.

As a healer, meditation teacher, and writer I thought I had better put my skills together and write a brief guide on how to do this for the members of our “Back to The Garden” facebook group specifically, but also to share more widely.

Part of the purpose of the group is to meditate during any of the suggested timeslots to link up around the world with others doing it at the same time, and send out waves of positive thoughts and wishes to help create the changes we wish to see in the world. I have recently come across a term that people seem to be using for this – subtle activism.



Anyone can do simple meditations by taking a few deep breaths and then allowing yourself to relax and breathe gently, focusing on the breaths and letting your mind become still. If you have trouble relaxing, it can help to begin with some simple exercises to release stress from your body, such as you might do to warm up for any sports session. If you have trouble with your mind chattering at you, just pretend you are laying each thought aside on a shelf and then continuing. You can also focus on a candle, flower, crystal, whatever you like if that helps. As you become more relaxed your sight tends to go slightly out of focus, so don't try to keep it sharp, just allow your eyes to soften and even close if you wish. Just relaxing like this regularly is very good for you, but we need to go a bit further to meditate for our purposes.

Once you are relaxed you need to get yourself into a state of readiness to send your thoughts out without losing any of your personal energy. So, first take your attention to your feet, or the bottom of your spine, depending on whether you are standing or sitting, and just feel a connection with the earth (as if you are literally earthing an electrical circuit, or you might like to think of it as rooting yourself like a plant in our natural home ). Just having the intention to make the connection is enough to create it, trust your ability, we all have these inherent skills.

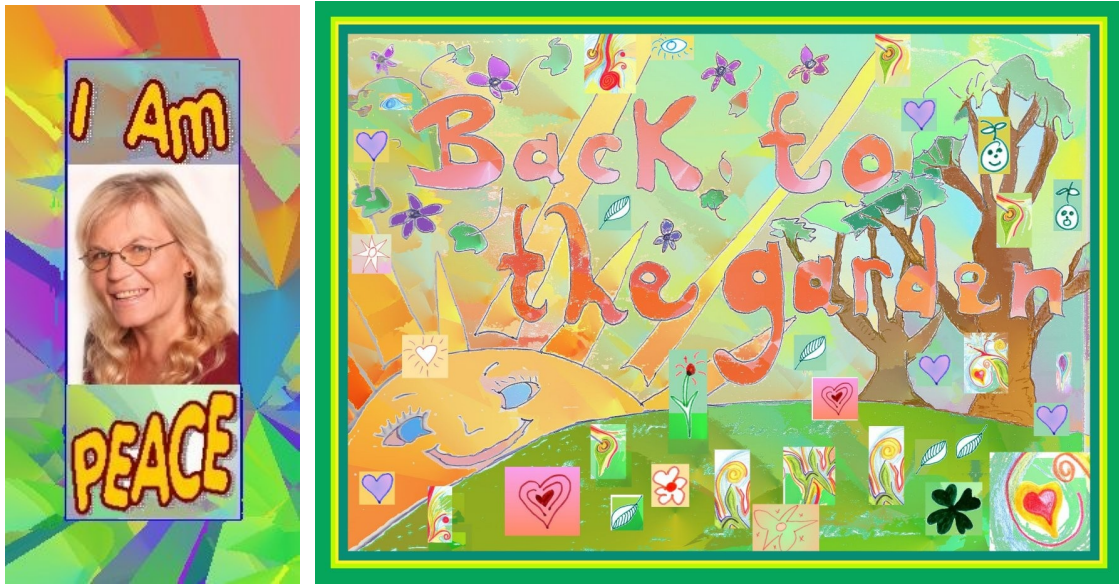
The second stage is to connect with the universe or whatever you believe to be the source of your power, God, angels, whatever, it all works. Ask that this source send energy into you, and imagine it coming into the top of your head, or into your heart. Continue to sit quietly breathing for a while, just feeling the energy going all around you. Know now that however much you send out, it will be replaced directly from the source, so that you cannot become depleted, as it is not drawing on your own energy, which you need to keep yourself well, it is simply flowing through you.

Finally you may begin to form whatever thoughts you wish to send out to the world, and just sent them out in whatever way works best for you. It could be a stream, or it could be in little packets, like leaves and seeds on the wind, even flowers and hearts too. Sometimes it helps to see the colours. Some people like to just do this silently, and some like to speak out loud, or even sing or chant their intended messages. You don't even need to be physically still, you can do this whole thing while dancing or walking.

Once you are done, just return your focus to your breathing, and gradually become aware of your surroundings until you feel you are back to your normal waking state. Rub hands and feet if it helps. Move slowly to start with, and have a drink of water.

The trick of using altered states of consciousness such as in meditation or healing is not to try too hard, don't force it, just be gentle, and it will come naturally as you practice.

An added tip perhaps is to try using affirmations to get you even better prepared for sending out your messages. Once you have done the parts about grounding yourself to the earth, and connecting with the universe etc to receive energy, you can increase the sense of the energy coming into you by using affirmations such as : "I love. I am loved". Breathe deeply and smile as you feel the energy coming in. This is not love as in a romance, it is a deep two way connection with the universe or your God, so that you actually become one with it all and you ARE love. It fills you up with strength and security, and knowledge that you are safe to participate fully in life, including sending out beautiful energy to the world. You can imagine pink flower and new leaf green colours too if you like, as those are the heart energy colours, so the visualisation will enhance the affirmation.



[www.backtothegarden.org.uk](http://www.backtothegarden.org.uk)



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