

Suggestion: Record this guided meditation for yourself, and use it when you want to connect with your soul.

Meditation

Sit quietly, in a relaxed, upright posture.

Check in with yourself: how are you today – Physically? Emotionally? Mentally?

Feel and notice your state of being on each level of the personality, with acceptance.

Say out loud, *“I am (say your own name) here and now. But I am also more than (your own name.) I am my soul, eternal, loving, wise, and free”*.

Imagine your soul shining like a sun with a steady light, about a foot above your head. It is radiating love, wisdom, eternity, and freedom, and it is also the source of your own best quality.

Feel and visualize the strength of that quality (faith, patience, compassion, joy, etc.) like it is part of that soul’s light.

For example, see ‘faith’ or whatever, shining out from your soul with loving power, like rays from the sun, blessing the world around you.

Imagine that same soulful light shining down into your personality.

Visualize a clear open channel – the pipeline – and the light flowing down into you from above.

Breathe mindfully for a few moments and imagine the light of your soul seeping down through that channel and entering and blessing your whole personality –

Body, emotions, and mind – increasing the light and power of your whole self.