

BRAIN ILLUMINATION MEDITATION

BEGIN BY SITTING QUIETLY. It is easier to begin with eyes closed but, with practice, the meditation may also be done with eyes open.

BE AWARE OR IMAGINE A TUBE OF LIGHT RISING FROM THE HEART THROUGH THE TOP OF THE HEAD TO CONNECT WITH THE HIGHER SELF AND ULTIMATELY, THE SUPREME SELF. THIS IS THE ANTAKARANA, THE TUBE THROUGH WHICH WE WILL BREATHE PURE DIVINE LIGHT INTO OUR WHOLE BEING.

NOW BEGIN BREATHING CYCLICALLY. THIS IS BREATHING AT A NORMAL, COMFORTABLE SPEED AND RHYTHM BUT WITHOUT PAUSING BETWEEN THE IN AND OUT BREATHS.

BREATHING CONSCIOUSLY IN THIS MANNER, ALLOW THE AWARENESS TO MOVE INTO THE HEART AND TAKE A FEW BREATHS HERE. MOVE THE AWARENESS TO THE TOP OF THE HEAD AND BREATHE HERE. NOW BE AWARE OF THAT TUBE OF LIGHT AND BEGIN BREATHING THE PURE DIVINE LIGHT, DOWN FROM THE HIGHER SELF, THROUGH THE TOP OF THE HEAD AND INTO THE BRAIN. BREATHING IN AND OUT, BEGIN DIRECTING THE LIGHT INTO ALL THE DIFFERENT PARTS OF THE BRAIN. KEEP BREATHING IN MORE LIGHT, FILLING ALL AREAS OF THE BRAIN. SEE THE BRAIN SPARKLE WITH LIGHT. EXPAND THE ANTAKARANA, ALLOWING MORE AND MORE LIGHT TO FLOW INTO THE BRAIN. BREATHE IN THE VIOLET LIGHT OF TRANSFORMATION, THE GOLDEN LIGHT OF PURE CONSCIOUSNESS. ALLOW THE LIGHT TO GROW BRIGHTER, INCREASING BEYOND THE BRAIN TO CREATE AN AURA OR HALO AROUND THE HEAD.

NOW CONTINUE BREATHING IN THE LIGHT AND ALLOW IT TO FLOW DOWN THE SPINE AND INTO ALL AREAS OF THE BODY. WITH EVERY BREATH, BRING MORE LIGHT INTO THE BODY, ARMS, CHEST, BACK, LEGS AND FEET. WHEN THE LIGHT REACHES THE FEET, LET IT FLOW DOWN INTO THE GROUND, CONNECTING WITH THE EARTH'S GRID. BREATHE THE LIGHT INTO ANY AREAS OF NON-LIGHT.

BREATHE THE LIGHT INTO THE CHAKRAS, THE ENERGY CENTERS OF THE BODY. ALLOW THE CHAKRAS TO SPIN AT WHATEVER SPEED AND DIRECTION FEELS COMFORTABLE. ALLOW THEIR FREQUENCY TO RISE.

NOW BREATHE LIGHT INTO ALL THE ORGANS, INTO THE BLOOD, DEEP INTO THE CELLS AND THE DNA. CONSCIOUSLY ASK THE LIGHT TO EXPAND BEYOND THE PHYSICAL BODY AND INTO THE SUBTLE BODIES, THE AURA SURROUNDING THE PHYSICAL BODY.

BE FULLY AWAKE IN THE LIGHT, BE THAT LIGHT, LOVE THAT LIGHT, LIVE AS THAT LIGHT. WITH THE INTENT OF YOUR WILL, ANCHOR AND ESTABLISH THE LIGHT WITHIN YOU, AS YOU.

THIS MEDITATION MAY BE PRACTICED AS OFTEN AS CONVENIENT BUT AT LEAST DAILY.