

## Divine Light Energy Healing Meditation

Get comfortable

The length of your meditation is up to you. You will typically know when it is done. Sometimes may be only a few minutes, other times may be much longer. Try to connect and take cues from your body and energy.

### **Say protective prayer and intents for healing out loud. Set Sacred Space**

[Creator] I thank you for the day {and whatever else}, I ask for you Light and Love and only the positive energy of your Light and Love, no non-positive energy. I claim this home {space} and this body as sacred and sovereign space, only positively polarized energy may be active here. All other energies must stay outside the boundary and may not interfere in this sovereign space without my permission.

**Take deep breaths in and out** throughout meditation, important to keep the Light circulating

**As you take a deep breath in, imagine Light/energy coming in through the top of your head and into your chest.**

It does not need to be a certain color, color may change depending upon what you need. Let the energy decide what is needed.

Think of someone or something you love unconditionally, feel this, let the energy absorb this

**As you exhale, send the light in a sunburst, out your hands, feet, and head**

Make sure to send it out everywhere. Might take a bit to get it out your feet.

Do not “ground” with Earth energy during this process. It blocks the Light from going out the feet, which is necessary. Earth energy is useful for other practices, this one uses Divine Light direct from Source and not filtered through Earth.

**Do at least 5 repetitions of inhales and exhales. Then, as you inhale, focus the light on the area that needs healing.** Send it love and gratitude. Invite it to ultimate healing.

**Send the Light back out. Recycle the Light as often as necessary.** focus the incoming Light on the area of healing, and then send it out again. Talking with the area, it can tell you when it has absorbed enough energy for now. If you are unsure, do 5 cycles per area.

**When you are done, close your meditation space and thank for the healing and help.**

**Do this meditation twice daily, until healed. Once daily for maintenance.**

Typically take a minimum of 40 days for healing to manifest in physical changes from the energy body. You must do your other work as well, working on spiritual, emotional, mental issues that may block the physical healing. Healing will often occur in stages as your blocks are healed by the work you are doing.